



TQH Courses for January – February 2020

Thank you very much for inquiring about TQH courses.

Please, find the details below and feel free to contact us if you require further information.

We look forward to hearing from you.

If you would like to proceed to register, please contact us at thaiqiholistics@gmail.com

Current Course Offerings:

- Medical Qi Gong - Level 1
- Medical Qi Gong – Level 2
- Qi massage - Level 1
- Qi massage - Level 2
- Qi massage - Level 3
- Tao of Women

* All the courses will be taught by Ajahn Toh and TQH qualified instructors.

Program: Monday – Friday (25 hours)

- 09:00 - 12:30 Qi Gong practice / Lecture
- 12:30 - 14:30 Lunch Break and rest time
- 14:30 - 16:00 Qi Gong (Qi Massage) practice / Lecture

Course Fee for Each Course:

- **Early bird fee: 8,800 THB**
- **Regular fee: 10,500 THB**
- **Deposit for regular fee: 3,500 THB**

* Note:

- **The Early Bird Fee** should be paid no later than one month prior to the start of each course.
- Full payment of the regular fee should be completed by the first day of the course.
- For regular registration, if the deposit is not paid one month prior the course start, your space is **not** guaranteed.
- **The deposit for the regular fee** should be made no later than one month prior to the start of each course.
- Once the payment is made, it is **not** refundable.
- The payment is accepted by **remittance** or **cash in Thai Bhat (THB)**.
- For the remittance, the processing fee should be paid by the remitter.

Location:

Thai Qi Holistics center at Mae Hia district, 6km from city center accessible by motorbike and public transportation.

Accommodation & Food:

Accommodation and food are not included in the fee. Students are suggested to stay in guesthouses/apartments in the city center (Old City), as there are no budget hotels in the neighborhood. The area near Chiang Mai Gate would provide easy access to our center and is also convenient for various food and guesthouse options.

Course Description

■ Medical Qi Gong - Level 1 (6 – 10 January 2020)

No pre-requisite

This 5-day Introduction course is designed to enhance your well-being using the system of Medical Qi Gong. During the Qi Gong practices, you will be guided to awaken your own self-healing energy within using simple, yet deep, breathing and motions. A series of interactive lectures will provide basic understanding of the law of nature and the possible causes of your conditions.

Participants who complete the course will have:

- Personal program of how to address individual conditions, working towards optimal balance and how to maintain it
- Building awareness and making adjustments of personal body posture and movement habits
- Basic understanding of the causes of their disorders and discomforts by experiencing the impact of Qi, both physically and intellectually
- Introduction of Yin and Yang theory
- Practice-based experience and discovery of their own fundamental wisdom
- Inspiration and support to diligently take responsibility for achieving optimal balance through their personal practice

■ Medical Qi Gong - Level 2 (13 – 17 January 2020)

Pre-requisite: Medical Qi Gong Level 1

This 5-day Level 2 course is designed to deepen your understanding of Medical Qi Gong, as related to your conditions. During the practice you will be asked to explore more precisely how to improve your disorders and discomforts. A series of interactive lectures will invite you to further explore your spirituality and how physical and mental conditions relate to each other.

Participants who complete the course will have:

- Discovery of their own fundamental wisdom through embodied and experiential practice, working from personal body - mind conditions
- Personalized program of how to address individual conditions, moving towards a state of optimal balance
- Understanding of the causes of disorders and discomforts by exploring the connection between body, mind and spirit
- Basic application of Buddhist and Taoist philosophy to individual habits and conditions
- Application of Yin and Yang theory in the practice
- Inspiration and support for their own personal practice, allowing each person to diligently take responsibility for their health and wellness

■ Qi Massage - Level 1 (20- 24 January 2020)

5 days of discovering wellness for therapists

No pre-requisite; Medical Qi Gong Level 1&2 are suggested.

This course is designed for therapists and body workers to develop their understanding of energy and learn how to give efficient and effective treatments while protecting their own sustainable well-being. During the course, both Medical Qi Gong and Qi massage techniques will be introduced and practiced. Using Medical Qi Gong as an essential practice, students will be provided a method to develop their energy center, “Tan Tien”, and to cultivate higher Qi quality. Students will learn sequences on the legs & feet to apply this essence and to explore the relations between the meridian alignments of both giver and receiver.

Participants who complete the course will have:

- Leg and Foot Qi massage sequence - effective in enhancing overall wellness and learning about the connection between upper and lower body through the meridians
- Personal Medical Qi Gong program - how to address individual conditions, moving toward profound balance in their physical and mental body
- Development of “Tan Tien”, the body center, and inner-strength for effective and efficient treatments
- Basic understanding of how to protect of their own balance for sustainable treatment
- Discovery of their own fundamental wisdom through embodied and experiential practice, working from personal body - mind conditions
- Inspiration and support for their personal practices to diligently take responsibility whilst achieving optimal balance

■ Qi Massage - Level 2 (27 – 31 January 2020)

Pre-requisite: Qi Massage Level 1 ; Medical Qi Gong Level 1&2 are suggested.

This 5-day Level 2 course is designed to further cultivate strength in students' Tan Tien, the body center, and a more global awareness of meridian alignment. With these principles as the foundation and using a holistic view of diagnosing conditions, we will extend the teaching to the treatment of lower back, shoulder and neck conditions. Lectures will support the understanding of the connection between lower and upper body while students continue exploring the Medical Qi Gong practice to deepen their body wisdom.

Participants who complete the course will have:

- Whole back Qi massage sequence - effective in strengthening the lower back and legs, thus releasing stress/tension in the upper body
- Brief sequence on shoulders, neck, arms and hands - releasing and directing stagnant energy
- Personal Medical Qi Gong program - how to address individual conditions, moving toward achieving profound balance in their physical and mental body
- Development of "Tan Tien", the body center, and inner strength for effective and efficient treatments
- Further understanding of cultivation and protection of their own well-being
- Discovery of their own fundamental wisdom through embodied and experiential practice, working from personal body-mind conditions
- Inspiration and support for their personal practice to diligently take responsibility whilst achieving optimal balance

■ Qi Massage - Level 3 (3 – 7 February 2020)

Pre-requisite: Qi Massage Level 1&2 ; Medical Qi Gong Level 1&2 are suggested.

This course is designed for those who completed the Qi Massage Level 1 and 2 courses to develop further integration of Meridian theory and Qi Massage techniques. By applying the theory and practical Qi Massage techniques to the whole body alignment, using a holistic approach, students will learn to give highly efficient and effective treatments while learning more about their own body. Students will also learn how to release stagnant Qi and support with curative Qi along the major meridians where needed, while helping receivers learn how to maintain optimal balance for well-being in their bodies through connection of the meridians. Interactive lectures will support and deepen students' understanding of the connective system of Meridian theory, as applied to Qi Massage technique and the Medical Qi Gong practice.

Participants who complete the course will have:

- Whole front and side leg massage – effective in releasing stagnant Qi and supplementing with curative Qi along the major meridians
- Upper and lower back massage from the sides of the body – effective in releasing sciatic pain and symptoms of Multiple Sclerosis, fibromyalgia, etc.
- Arms and Hands - releasing stagnation and strengthening Qi with deeper understanding of meridians – effective in treating various paralysis
- Applying “Tan Tien”, the body center, and inner strength for effective and efficient treatments
- Supporting and deepening the understanding of the connective system of Meridian theory, as applied to Qi Massage technique and the Medical Qi Gong practice
- Discovery of their own fundamental wisdom through embodied and experiential practice, working from personal body-mind conditions
- Inspiration and support for their personal practice to diligently take responsibility whilst achieving optimal balance

■ **Tao of Women Foundation (10 - 14 February 2020)**

No pre-requisite

This is a 5-day foundation course specifically designed to enhance women's overall well-being. Participants who complete the course will have a personal program enabling them to address their conditions and work towards optimal balance. Each person will experience and discover their own fundamental wisdom as they are holistically diagnosed from both the physical body and the mental body. There will be a lecture each day, providing students with links between the law of nature and their current conditions.

The topics covered in this foundation course include:

- Female life cycles
- Menstruation and menopause in Tao
- Female organ health
- Dietary approach to female organs
- Yin and Yang; Five Elements
- Emotion and stress management
- Female empowerment
- Relevant additional topics, dependent on students' diagnosed conditions

* **Registration:** Please contact us at thaiqiholistics@gmail.com