



AUNG MEDICAL QI GONG - Level 2 Workshop

Dr. STEVEN KH AUNG



August 20 & 21, 2011

Saturday & Sunday, 9:00 am - 5:00 pm

***Pre-requisite:**

Level 1 Aung Medical Qi Gong

Edmonton

University of Alberta 117St & 87 Ave
Lister Hall (Adjacent to the Jubilee Auditorium)

Maple Leaf Room

Guest parking available outside Lister Centre,
and in the Varisty Parking Lot.

Parking rates: Permits must be purchased
from dispenser near the building. Rate is
\$4.20/day (evenings and weekends).

For a campus map visit: www.ualberta.ca

Cost

\$399.00 per person*

\$299.00 per Student* with valid Student ID

*includes GST, handouts and refreshments

Further Information

College of Integrated Medicine

9904 - 106 Street NW

EDMONTON, AB T5K 1C4

Tel (780) 421-4777

Fax (780) 424-8520

email: draung@aung.com

website: www.aung.com



Dear Friends and Colleagues:

I would like to welcome your kind participation in this Level 2 Medical Qi Gong workshop.

I believe it is extremely important for you to build on the skills you learned in Level 1 in order to take better care of your own precious health - body, mind, and spirit.

It is vitally important to cultivate the best of your total health, your precious vital energy, within the context of genuine compassion, and appreciation of your natural environment.

With Metta,
Steven

The Spirit of Excellence: Celebrating Over 25 Years of Successful and Harmonious Medical Qi Gong Instruction in Canada and Around the World

LEVEL 2 CURRICULUM

Brief Review of Level 1

Nasal Breathing Exercises:

- Simple Yin and Yang Breathing
- Reinforcing Yin and Yang Breathing

Healing Sounds:

- Sahasrara Chakra
- Bindu Chakra
- Ajna Chakra
- Vishuddhi Chakra
- Anahata Chakra
- Manipura Chakra
- Swadhistana Chakra
- Muladhara Chakra

Concentration Exercises-Upper Anterior Circles:

- Lung Meridian
- Large Intestine Meridian
- Pericardium Meridian
- Heart Meridian

Posture/Movement Exercises:

- Taming the Tiger
- Ventilation
- Supporting the Sky with 2 Hands

Workshop Registration

By Telephone

Please have your MASTERCARD, VISA, or AMERICAN EXPRESS credit card information ready when you call (780) 421-4777.

In Person

Please bring your registration form to our organizational headquarters: 9904 - 106 Street, EDMONTON

By Fax or Mail

Please fax your completed registration form and credit card information to (780) 424-8520. If you are not paying by credit card, please mail your cheque or money order along with your completed registration form.

Make cheque payable to: **College of Integrated Medicine**

9904 - 106 Street NW, EDMONTON, AB T5K 1C4, Canada

Withdrawals and Refunds

Refund requests must be accompanied by your fee receipt. There is a \$50.00 cancellation fee after cancellation deadline.

**** Cancellation Deadline :** August 4, 2011

Please wear loose comfortable clothing. Pack a lunch or you are welcome to eat out.

REGISTRATION FORM

Aung Medical Qi Gong Level 2 Workshop, EDMONTON, Alberta, Canada - August 20-21, 2011

Workshop Fee: \$399.00 per person* \$299.00 per student* (must provide copy of valid student ID with registration)

*includes GST and handouts

Pre-requisite: Level 1 Aung Medical Qi Gong

Name:

StreetAddress:

City and Province:

Postal Code:

Tel (Home):

Tel (Work):

Email:

Payment Method: Credit Card

Cheque

Money Order

Credit Card Type: VISA

MASTERCARD

AMERICAN EXPRESS

Credit Card Number:

Expiry Date:

CVV#:

Name as it appears on card:

Amount Enclosed:

Waiver and Release

Regarding my participation in this Level II Qi Gong workshop conducted by Dr Steven KH Aung, I, the undersigned, agree to hold harmless, indemnify and release Dr Steven KH Aung and the College of Integrated Medicine from all liability for damage or injury to myself or any person or property resulting therefrom. I accept full responsibility for damage or injury which may result. I have read, understood and agree with all of the preceding statements in this waiver and release:

Signature:

Date:

AUNG MEDICAL QI GONG LEVEL 2

Workshop

Dr. Steven Aung



Edmonton, Alberta
August 20 -21, 2011

