

Workshop Registration

By Telephone:

Please have your MASTERCARD, VISA, or AMEX credit card ready when you call 780-421-4777.

In Person:

Please bring your completed registration form to our office: 9904-106 Street, EDMONTON.

By Fax or Mail:

Please fax your completed registration form and payment 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 to: College of Integrated Medicine, 9904-106 Street, Edmonton, AB T5K 1C4.

****Cancellation Deadline: October 29, 2015**

Withdrawals and Refunds:

If you withdraw after the cancellation deadline a \$50 cancellation fee applies. Refund requests must be accompanied by your fee receipt and are also subject to the cancellation fee as above.

Fees: \$399* per person and part-time students \$299* per full-time student with valid student ID.

(*includes GST 5%, handouts, & refreshments)

REGISTRATION FORM Pre-requisite: Level 1 - Aung Medical Qi Gong

NAME:

STREET ADDRESS:

CITY : PROVINCE: POSTAL CODE:

PHONE: CELL:

EMAIL:

PAYMENT METHOD (circle one): Credit Card Cheque# Money Order

CREDIT CARD TYPE (circle one): VISA MASTERCARD AMEX

CREDIT CARD NUMBER: EXPIRY: / CVV:
3 digits at back of card or
4 digits on front of AMEX

NAME AS IT APPEARS ON CREDIT CARD:

WAIVER AND RELEASE:

Regarding my participation in this Level 2 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 from 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 for:
Self-development,
Self-cultivation &
Self-care

November 28 & 29, 2015
Edmonton, Alberta



Dr. Steven KH Aung



The Spirit of Excellence: Celebrating over 30 years of successful and harmonious medical Qi Gong instruction in Canada and around the world!

Aung Medical Qi Gong Level 2

Workshop Details:

Pre-requisite: Level 1 - Aung Medical Qi Gong

November 28 & 29, 2015

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

NOTE: Wear loose comfortable clothes. Pack a lunch or you are welcome to eat out.

Edmonton

University of Alberta 117 St & 87 Ave
Lister Hall (Adjacent to the Jubilee Auditorium)
Maple Leaf Room
Guest parking available outside Lister Centre.

Parking

Permits must be purchased from dispenser near the building. Rate is \$5/day (evenings and weekends).

For a campus map visit: www.ualberta.ca

Cost (No exceptions will be made regarding workshop fees!)

\$399* per person and part-time students

\$299* per full time student with valid student ID

(*includes GST 5%, handouts, & refreshments)

Cancellations Deadline: October 29, 2015

Cancellation & Refund Policy:

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Further Information:

College of Integrated Medicine

9904-106 Street

Edmonton, AB T5K 1C4

Tel (780) 421-4777 Fax (780) 424-8520

email: draung@aung.com website: www.aung.com

My Dear Friends and Colleagues:

I would like to invite you to participate in this Level 2 medical Qi Gong workshop.

I believe it is so vitally important for you to continue to build on the skills you learned in Level 1 in order to take better and efficient care of your own precious health - not only body, mind, and spirit, but also to improve quality of life.

It is always worthwhile to cultivate the best of our total health, our vital energy, within the context of genuine compassion and appreciation of Mother Nature.

A blessing Lotus to you!

Sincerely yours,



Dr. Steven KH Aung

Spiritual energy is the most vitally important energy which enhances the mind and empowers the body—it is also the central embodiment of our constant endeavor to purify and harmonize our human energy for the benefit of all sentient beings in order to attain the deepest samadhi.

Dr. Steven KH Aung



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