Workshop Registration

By Telephone:

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

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

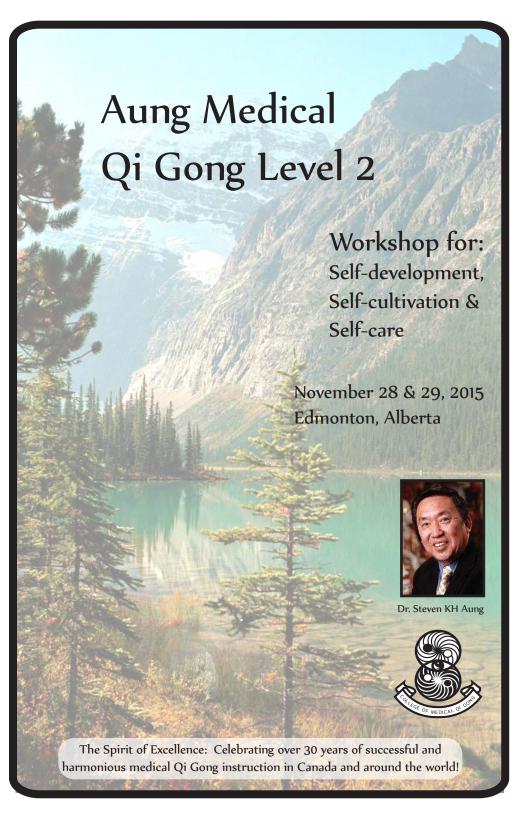
Withdrawals and Refunds:

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-requi	site: Level 1 - A	aung Medical Qi Gong	
NAME:				
TREET ADDRESS:				
CITY:	PROVINCE:	POSTAL CODE	<u>:</u>	
PHONE:	CELL:			
EMAIL:				
PAYMENT METHOD (circle one):	Credit Card	Cheque#	Money Order	
CREDIT CARD TYPE (circle one):	VISA	MASTERCARD	AMEX	
CREDIT CARD NUMBER: NAME AS IT APPEARS ON CREDIT CA	EXPIRY: ARD:		CVV: 3 digits at back of card or 4 digits on front of AMEX	
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. 1 accept full responsibility for damage or injury which may result. 1 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 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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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 I 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

James & The

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

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





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