Workshop Registration

By Telephone:

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

Workshop Fees:

$400* per person (*includes GST 5% where applicable and payment processing fee)

Receipts will be issued by Edmonton Chinese Garden Society and will be sent to registrants via email.

Edmonton Chinese Garden Society GST#864191960 RT0001

**Cancellation Deadline: September 28, 2017

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.

**Registration Deadline: October 26, 2017 4:00pm

REGISTRATION FORM

NAME:

STREET ADDRESS:

CITY : PROVINCE: POSTAL CODE:

PHONE: CELL:

EMAIL:

CREDIT CARD TYPE (circle one): VISA MASTERCARD

CREDIT CARD NUMBER: EXPIRY: / CVV:

3 digits at back of card

NAME AS IT APPEARS ON CREDIT CARD:

_____ Total: $_____

WAIVER AND RELEASE:

Regarding my participation in this Edmonton Chinese Garden Society Fundraising Event - Level 1 Qi Gong workshop facilitated by Dr. Steven KH Aung, I, the undersigned, agree to hold harmless, indemnify and release Dr. Steven KH Aung, the College of Integrated Medicine, the World Natural Medicine Foundation and the Edmonton Chinese Garden Society 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:

An Edmonton Chinese Garden Society Fundraising Event

Aung Medical Qi Gong Level 1

Workshop for Self-care, Self-Development & Self-Cultivation

October 28 & 29, 2017
Edmonton, AB

Dr. Steven KH Aung

Edmonton Chinese Garden Society
顯城中國花園協會

COLLEGE OF INTEGRATED MEDICINE

Workshop Details:

October 28 & 29, 2017

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

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

Edmonton, AB

Engineering Teaching & Learning Complex (ETLC) Building
Solarium (Room E2-100)
U of A Campus, 9107-116 Street Edmonton, AB

For a campus map visit: www.campusmap.ualberta.ca/

Parking

Windsor Car Park - $5/day on weekends
92 Ave and 116 Street (see campus map)

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

$400* per person
(*includes GST 5% where applicable and payment processing fee)

***Receipts will be issued by the Edmonton Chinese Garden Society and sent to registrants via email.**

Edmonton Chinese Garden Society GST#864191960 RT0001

Cancellations Deadline:

September 28, 2017

Registration Deadline:

October 26, 2017 4:00pm

Cancellation & Refund Policy:

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.

***Refunds will be issued by the Edmonton Chinese Garden Society and mailed to the person that paid.**

Further Information:

College of Integrated Medicine
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 Edmonton Chinese Garden Society fundraising event.

I will be facilitating an introductory Level 1 Aung Medical Qi Gong Workshop which will give you the knowledge needed for you to learn to take care of our own precious health - body, mind, and spirit. Qi Gong helps fulfill this vital functional role in our lives.

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.

Sincerely yours,

Dr. Steven KH Aung

Edmonton Chinese Garden Society
熙城中國花園協會

The Edmonton Chinese Garden Society is a charitable organization established in 2000. Their mission is to build and maintain the Chinese Garden at Louise McKinney Park in Edmonton, Alberta. Funding for this project is primarily done through active fundraising campaigns, sponsorship, membership drives, and government programs.

For more information about ECGS and their activities please visit their website:
www.ecgs.ca

Level 1 Curriculum:

- Kai Gong and Sho Gong
- Overview of Medical Qi Gong
- Concept of Qi
- TCM Meridian System

Breathing Exercises:

- Basic Technique 1
- Basic Technique 2
- Basic Technique 3
- Basic Technique 4

- CV (Ren) and GV (Du) Meridians
- Inner Smile

Concentration Exercises:

- Small Circle
- Big Circle
- Alternating Circles
- Figure -of-Eight

Posture/Movement Exercises:

- Hugging the Tree
- Horseback Riding Position
- Walking Qi Gong Exercises