

Workshop Registration

By Telephone:

Please have your VISA or MASTERCARD 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: February 28, 2019**

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: \$450* per person and part-time students \$350* per full-time student with valid student ID. (*includes GST 5%)

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

CREDIT CARD NUMBER: EXPIRY: / CVV: 3 digits at back of card

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

March 30 & 31, 2019
Victoria, BC



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!

Workshop Details:

Pre-requisite: Level 1 - Aung Medical Qi Gong

March 30 & 31, 2019

Saturday 9:00am - 5:00pm & Sunday 8:00am - 4:00pm

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

Venue:

Royal Jubilee Hospital
Begbie Hall - Woodward Room
2101 Richmond Road Victoria, BC

Parking & Transit:

For parking and transit information, please visit the following website:
<https://www.islandhealth.ca/sites/default/files/locations/rjh-parking-map.pdf>

For parking rates, please visit the following website:
<https://www.islandhealth.ca/our-locations/hospitals-health-centre-locations/royal-jubilee-hospital-rjh>

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

\$450* per person and part-time students

\$350* per full time student with valid student ID

(*includes GST 5%)

Registration Deadline: March 28, 2019 4:00pm

Cancellation Deadline: February 28, 2019

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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

Local Victoria contact for general inquiries: Linda Totino (250) 588-1304

My Dear Friends and Colleagues:

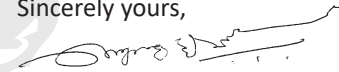
I would like to invite you to participate in this Level 2 medical Qi Gong workshop for self-development, self-care and self-cultivation.

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

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 more efficient care of your own precious health - not only body, mind, and spirit, but also to improve quality of life.

A blessing Lotus to you!

Sincerely yours,



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

Posture/Movement Exercises:

Taming the Tiger
Ventilation
Supporting the Sky with 2 Hands

Concentration & Phonation Exercises:

Chakra Healing Sounds:

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

Concentration & Phonation Exercises continued...

Organ Sounds:

Lung Meridian
Large Intestine Meridian
Pericardium Meridian
Heart Meridian

Upper Anterior Circles:

Lung
Large Intestine
Heart
Small Intestine
Pericardium
Triple Energizer