



# AUNG MEDICAL QI GONG - Level 1 Workshop

## DR. STEVEN KH AUNG



**April 27-28, 2013**

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

### Edmonton

University of Alberta 117St & 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](http://www.ualberta.ca)

### Cost

\$399.00 per person\*

\$299.00 per full time Student\*

Must fax copy of valid Student ID when  
registering

\*includes GST and Aung Medical  
Qi Gong Book - 2nd Revised Edition

### 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](mailto:draung@aung.com)  
website: [www.aung.com](http://www.aung.com)



### My Dear Friends and Colleagues:

I would like to welcome your kind participation in this introductory Level 1 medical Qi Gong workshop.

I believe it is so vitally important for you and for all of us 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,  
Steven KH Aung

### 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

- Ren and Du Meridians
- Inner Smile

#### Concentration Exercises:

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

#### Posture/Movement Exercises:

- Hugging the Tree
- Horseback Riding Position
- Piston Movement
- Laogong to Baihui
- Laogong to Qihai

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

## 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 completed registration form to our organizational headquarters: 9904-106 Street, EDMONTON

### By Fax or Phone

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

### Withdrawal and Refunds

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

**\*\*Cancellation Deadline:** April 8, 2013

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

## REGISTRATION FORM

Aung Medical Qi Gong Level 1 Workshop, EDMONTON, Alberta, Canada · April 27-28, 2013

Workshop Fee: \$399.00 per person\* \$299.00 per student\* with valid student ID

\*includes GST & Aung Medical Qi Gong Book - 2nd Revised Edition

Name:

Street Address:

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 I Qi Gong workshop conducted by Dr Steven KHAung, I, the undersigned, agree to hold harmless, indemnify and release Dr Steven KHAung 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 1 Workshop



Dr. Steven K H Aung

Edmonton, Alberta  
April 27-28, 2013