

Workshop Registration

By Telephone

Please have your MASTERCARD, VISA, or AMERICAN EXPRESS credit card information ready when you call (780) 421-4777.

In Person or by Mail

Please bring/send 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:** May 13, 2013

NOTE: Please wear loose comfortable clothing. Bring a lunch from home or you are welcome to eat out.

REGISTRATION FORM *(No exceptions will be made regarding workshop fees!)*

Aung Medical Qi Gong Level 1 VICTORIA, British Columbia, Canada June 1-2 2013

Workshop Fee: \$399.00 per person* \$299.00 per full-time 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

Victoria, BC
June 1-2, 2013



Dr. Steven K H Aung



AUNG MEDICAL QI GONG - Level I Workshop

DR. STEVEN KH AUNG



June 1-2, 2013

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

Victoria

Royal Jubilee Hospital
Woodward Room in Begbie Hall
2101 Richmond Avenue
Victoria, British Columbia

Parking (outdoor) on Adanac Street & on
Trent Street. Cost for 8 hrs is \$11. Parkade on
Richmond Street maximum daily rate \$16.
Public transit is encouraged: Take #8, #10, #14
or #11 (Fort Street side)

Cost (Sorry NO exceptions.)

\$399.00 per person*

\$299.00 per full time Student*

Must fax copy of valid Student ID when
registering

*includes GST, 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
website: www.aung.com



My Dear Friends and Colleagues:

I would like to welcome your kind participation in my introductory 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:

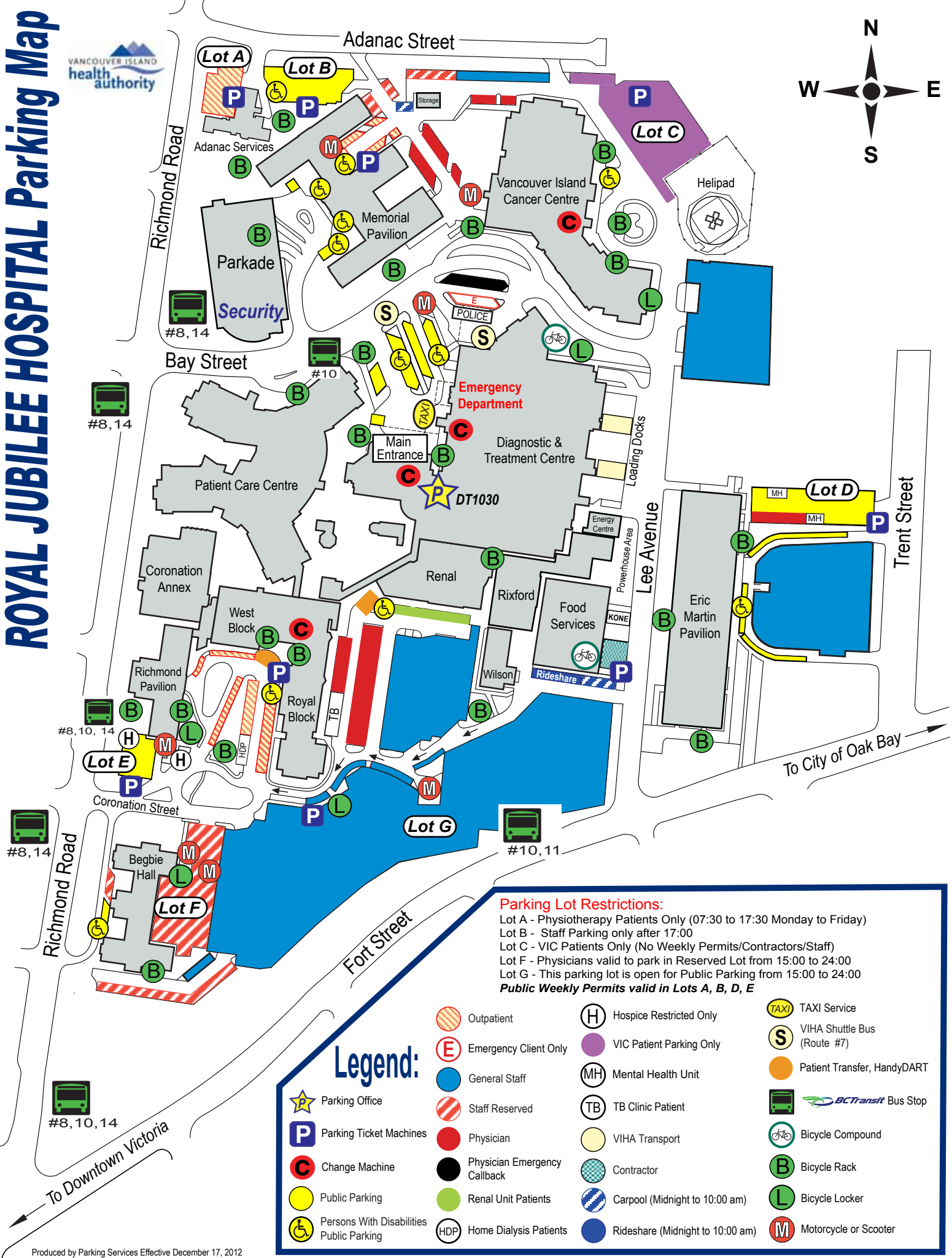
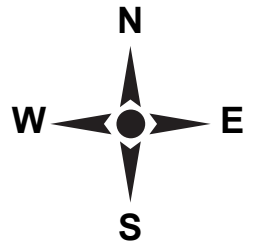
- Small Circle
- Big Circle
- Alternating Circles
- Figure-of-Eight

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*

ROYAL JUBILEE HOSPITAL Parking Map



Parking Lot Restrictions:
 Lot A - Physiotherapy Patients Only (07:30 to 17:30 Monday to Friday)
 Lot B - Staff Parking only after 17:00
 Lot C - VIC Patients Only (No Weekly Permits/Contractors/Staff)
 Lot F - Physicians valid to park in Reserved Lot from 15:00 to 24:00
 Lot G - This parking lot is open for Public Parking from 15:00 to 24:00
Public Weekly Permits valid in Lots A, B, D, E

Legend:

- Parking Office
- Parking Ticket Machines
- Change Machine
- Public Parking
- Persons With Disabilities Public Parking
- Emergency Client Only
- General Staff
- Staff Reserved
- Physician
- Physician Emergency Callback
- Renal Unit Patients
- Home Dialysis Patients
- Hospice Restricted Only
- VIC Patient Parking Only
- Mental Health Unit
- TB Clinic Patient
- VIHA Transport
- Contractor
- Rideshare (Midnight to 10:00 am)
- TAXI Service
- VIHA Shuttle Bus (Route #7)
- Patient Transfer, HandyDART
- BCTransit Bus Stop
- Bicycle Compound
- Bicycle Rack
- Bicycle Locker
- Motorcycle or Scooter