

TCM, Qi Gong and Meditation for Trauma

Via Zoom, 4-weekend program, 5 hours per day.

Dr. Liu Dong wishes to share his unique experience of TCM, Qi Gong and Chan meditation. This training is open to anyone with 5 years of Qigong or meditation practice. The goal is to remove trauma then gain clarity of mind; Solve problems and transform karma. Also, the training helps individuals to gain Qi Gong and medication teaching skills and transmit Qi gong and meditation teaching skills. A certificate will be issued with a completion of the program; then, the person can teach the method.

1st: October 10 and 11, 2020

Theory: 1. Concept of trauma from different points of view – Taoist, TCM, and neuroscience
2. Dai Mai

Practice:

1. Ma Wang Dui Qi Gong Celestial Animals – 3 Hun & 7 Po
2. Chan meditation (1st, 2nd, 3rd Level)

2nd: November 21 and 22, 2020

Theory: Kong – Emptiness – a transition from emptiness to fulfillment using Chan, neurosciences, and mindfulness.

Practice:

1. Chan Meditation (1st, 2nd, 3rd and 4th Level)
2. Qian Bai Zhuan - Thousand Turns – Open the Dai Mai and invigorate the blood - prepare for Chan meditation.

3rd: December 5 and 6, 2020 - Women Health.

Theory: The four principal techniques on Ren Mai, Du Mai, Chong Mai et Dai Mai – Application in the treatment of trauma; The special acupoints to transform the karma.

Practice: Long You Gong – 1. The spirals of the Dragon – Open Dai Mai. 2. Meditation of GuanYin Chan.

4th: January 16 and 17, 2021

Theory: Gua Sha in TCM & Tibetan Medicine

Practice:

1. Chan meditation.
2. 5 Gua Sha techniques on Dai Mai - method of treating anxiety