

The Dragon's Way® Instructor Training

Thank you for your interest in the Dragon's Way® Instructor Training. This packet provides you with information about the program, an overview of the key principles of the Dragon's Way®, and an application.

The Dragon's Way® Instructor Training and Certification

The Dragon's Way® Instructor Training is an immersion experience in the self-healing powers of Qigong and traditional Chinese medicine (TCM). It is designed to prepare and certify you to teach the six-week Dragon's Way® Stress Management and Weight-Loss program, through self-cultivation, group support, and practical, hands-on training.

We believe that true healing and the development of teaching skills require continual practice and self-cultivation reinforced with hands-on experience. The Instructor Training is therefore structured as a seven-month program that includes four in-person training sessions, ongoing phone and online support, and at-home training requirements. After intensive study, cultivation of personal Qi, and passing a qualifying exam, you will become a certified Dragon's Way® instructor, able to teach the Dragon's Way® program in your community.

The Dragon's Way®

The Dragon's Way® is a six-week, stress and weight-management program based on the principles of Taoist healing and traditional Chinese medicine (TCM), one of the oldest, continuously practiced medical systems in the world. TCM offers participants a unique approach to healing; it views every aspect of our lives—body, mind, spirit and emotions—as part of the whole. Participants learn self-healing tools to bring the body into balance and harmony, cultivate Qi (or life force), and tap into their bodies' innate healing intelligence. Developed by Nan Lu, OMD, the Dragon's Way® has helped thousands of people lose weight, improve numerous health problems, and discover their own healing abilities for more than ten years.

Prerequisites

There are therefore only two prerequisites for the Instructor Training: an open heart and an eagerness to grow. This program is designed for those who want to guide others through building their own Qi and healing abilities, beyond intellectual or “book” knowledge. Anyone who desires to deepen his or her own relationship with nature and is willing to share this knowledge with others is eligible. No prior knowledge of traditional Chinese medicine or Qigong is required. With four in-person training sessions over the course of seven months, the program is designed to accommodate the schedules of both working professionals and students.

The Instructor Training program requires a commitment to serious training, growth, and practice. This is a serious program for dedicated individuals who want to learn from a system that has its roots in an ancient healing lineage. In order to become an effective and inspiring instructor, you must first be committed to working toward your own personal evolution.

Nan Lu, OMD and our Team of Lead-Instructors

The Dragon's Way® program was developed by Master Nan Lu. He is a classically trained doctor of traditional Chinese Medicine (TCM) and Qigong master who has learned the healing arts through classical training directly with his own masters. The founding director of the Traditional Chinese Medicine World Foundation and the Tao of Healing, he holds a doctorate in traditional Chinese medicine from Hubei College of TCM, China. He is an internationally recognized Taiji expert and

author of three best-selling self-care books on traditional Chinese medicine. He created the Dragon's Way® Instructor Training program out of his desire to see TCM taught in its most authentic form. Instructors are supported and guided throughout the certification process by Master Lu and his team of lead instructors, who provide instruction, mentorship, guidance, and support throughout the program.

Readiness Assessment and Support

Becoming a Dragon's Way® instructor requires building a strong energy foundation. Many applicants ask how they will gauge whether their energy levels will be strong enough to teach. Master Nan Lu will periodically evaluate your energy throughout the certification process. There will be various "tests" that you must pass to move on to the last phase of training. Once you have met Master Lu's requirements, you will be given permission to teach the Dragon's Way®. It is important to note that this program requires a deep commitment and real self-motivation. It will be up to you to practice the Qigong movements and complete all phases of the program. Along with Master Lu, our team of lead instructors will help you move through the process. Your success is our success.

Tuition (financing options available)

Tuition is \$3,800 and includes:

- Room and board at three weekend intensives in Hancock, New York and New York area
- A three-day registration at the October, 2012 *Building Bridges for Traditional Chinese Medicine* Conference in Virginia (Room and Board not included)
- The course book, *Traditional Chinese Medicine: A Natural Guide To Weight Loss That Lasts*
- The book's companion DVD and CD
- Material to teach your first Pilot Program

There will be additional required reading assignments; these materials are not included in tuition. Additional private support sessions are also available, at an additional cost. Payment is required in order to secure registration.

TEACHING THE DRAGON'S WAY® ONCE YOU ARE CERTIFIED

Once I am certified to teach The Dragon's Way® Stress Management and Weight Loss Program, how will I teach the program?

The program is taught as a six-week journey. Participants meet once a week in sessions that last generally one hour. Ten *Wu Ming* Qigong movements are taught and practiced at each session. The movements are followed by a lesson in TCM theories each week with an emphasis on understanding the body's relationship to Nature. A question and answer period is part of each session.

What fees will I be able to charge?

The program fee is \$199.00 for a six-week session. Some instructors like to add an extra week for a free introductory session. We suggest that each class have a minimum of ten students per session. This helps build the energy of the group dynamic.

When you are teaching your first Dragon's Way® session during your instructor training, and when you are running your own programs as a certified instructor, all materials for The Dragon's Way will be supplied by Traditional Chinese Medicine World Foundation and may not be reproduced in part or in whole. These include, but are not limited to, books, DVDs, CDs, books, handouts, intake forms and program collateral. You will be responsible for paying for all materials in advance of your course.

MORE ABOUT THE DRAGON'S WAY STRESS MANAGEMENT AND WEIGHT LOSS PROGRAM

What Makes The Dragon's Way® Stress and Weight Management Program so powerful?

The Dragon's Way® is not about food restrictions, appetite suppression, or vigorous exercise. It's about understanding the miraculous complexity and delicacy of your body and the way it really works, about how the five organ systems should operate in harmony, and how Qi, or vital energy, powers all its functions. This program provides an owner's manual for the body!

How does traditional Chinese medicine view issues of weight and weight loss?

A body in balance doesn't have weight or health problems. Excess weight is considered a symptom of a greater health issue. It is a sign that the body is out of balance. Once the root cause has been corrected, symptoms like excess weight can disappear.

Why is the Program called the Dragon's Way®?

In history many cultures have magical and mythical beasts. For people of the East, including the Chinese for whom the dragon is a national symbol, the dragon is a magical being. The dragon is a symbol of miraculous things and represents the collective wisdom of Chinese culture, which encompasses not only the art of traditional Chinese medicine, but other arts as well including painting, calligraphy, dance, music, and Feng Shui, as well as martial arts. The "dragon's way" is considered one of wisdom, a way where freedom of body, mind, spirit and emotions flow.

THE KEY ELEMENTS AND PRINCIPLES OF THE DRAGON'S WAY®

Wu Ming Qigong: *Wu Ming* Qigong is an ancient energy self-healing practice that works directly on the body's meridian system. *Wu Ming* Qigong movements can increase Qi, open energy blocks, and prevent Qi stagnation. When practiced consistently, *Wu Ming* Qigong will allow energy to flow more freely through the meridians or energy channels. TCM uses Qigong as a way to open the door to

healing and allow the body's organ system to regain balance and work in harmony. Qigong is an incredibly powerful tool for connecting the mind, body, and spirit.

Eating-for-Healing: TCM views food as a source of healing and for building Qi. Foods and herbal-supplements are chosen for their healing essence or the message they carry for the body.

Prevention: The Dragon's Way® program is deeply committed to the principle of prevention. The program provides self-healing tools that not only help improve pre-existing health conditions, but help prevent and avoid the body's imbalances from becoming future problems.

Listening to the Body's Innate Intelligence: The body has innate wisdom, and is continually communicating to use through signs and signals. In the Dragon's Way®, you practice recognizing those signs, and following the body's innate healing intelligence.

Stress-Management and Lifestyle Choices: It is essential to learn how lifestyle choices can directly impact your health. The Dragon's Way® offers tools for learning how to manage and let go of stress, tension and unhealthy emotions. These techniques can be used by anyone, anywhere, anytime.

Emotions and Health: The connections between health and the emotions are now widely studied and written about. TCM provides a framework for understanding how emotions act directly on the function and balance of the organ systems.

The Power of Thought: Are you “what you eat” or “what you *think*”? In the Dragon's Way®, you explore the way thoughts can be as important to your health as any meal or exercise. By changing the way you think, you can change the way you feel.

Common Conditions and the Five Organ Systems: Common conditions such as high blood pressure, arthritis, PMS, hot flashes, insomnia, constipation, heartburn, and immune system disorders, to name a few, have their origins in imbalanced organ systems. The Dragon's Way® provides you with an introduction to the five major organ systems—Liver, Heart, Spleen, Lung, and Kidney—and a roadmap for identifying the imbalances, the key to finding the root cause of health issues.

DRAGON'S WAY® INSTRUCTOR TRAINING SCHEDULE February, 2012

Phase 1: Self-Healing

An intensive immersion in the self-healing principles of the Dragon's Way.

February 2-5

Four-day training session Thursday, Friday, Saturday and Sunday at the Hancock Retreat House in Hancock, New York. **Required preparation prior to the training: read *TCM: A Natural Guide to Weight Loss that Lasts*. (The Dragon's Way® book.) Overnight accommodation (three nights) and meals included in tuition**

Thursday, Feb. 2, 1:00pm check-in through Sunday, Feb. 5, 12:00 pm

Six-Week Dragon's Way Self-Healing Journey

All instructors-in-training experience the program using the book, DVD, and CD. Requirements: One hour Qigong practice per day; weekly assignments turned in via e-mail and online; and teleconference sessions with lead instructors.

Phase 2: Developing Dragon's Way Teaching Skills

Develop and practice teaching-skills that will help you grow into an effective and inspirational instructor.

April 20-22

Three day intensive in NY area - Finding Freedom Retreat

Required preparation will include three-to-five-minute individual presentations.

Two nights accommodation and meals are included.

Arrive Friday, April 20, 11:00am through Sunday, April 22, 12:00pm.

Teaching Preparation

Requirements: Continued Qigong practice, weekly assignments, and teleconference session with lead instructors.

Phase 3: Teaching a Pilot Program

All instructors-in-training teach a pilot Dragon's Way program in their communities.

May 17-19

Three Day Intensive at the Hancock Retreat Center in Hancock NY

Three day intensive to support your pilot-program.

Test to verify readiness to teach.

Meals and two nights lodging included.

Arrive Thursday May 17, 12:00pm through Saturday, May 19, 12:00pm

You will be conducting your first program, and receive continued support and learning from one-another and lead instructors, including: weekly assignments turned in via e-mail and online.

Phase 4: Certification & Transforming your Teaching Potential

October 18-21

Building Bridges Conference in Chantilly, VA

Thursday evening through Sunday afternoon

Attend The Dragon's Way Instructor track

3 day registration included. Meals and accommodations are not included

Phase 5: Continued Development and Re-Certification

Certification is a milestone in a life-long journey of accessing your own healing abilities and helping others access theirs. Once certified, you will be a part of a growing community of teachers and students who continue to learn and grow through ongoing workshops and retreats. Re-certification is not mandatory but yearly attendance at one weekend workshop is highly recommended for your personal and professional growth.

APPLICATION REQUIREMENTS AND INSTRUCTIONS

Deadline: Applications for the February 2012 program are due January 7, 2012.

Application Requirements

Applications must include:

- Completed application
- Signed program agreement
- Non-refundable application fee of \$35.00 (checks made payable to TCM World Foundation)

Deliver applications to:

Elaine Katen
TCM World Foundation
34 West 27th Street
Suite 1212
New York, NY 10001

Acceptance

You will be notified within two weeks of receipt of your application of acceptance into the program. Accepted applicants must confirm their acceptance immediately via e-mail or telephone.

Tuition

Tuition is \$3,800 and includes:

- Room and Board at the February 2012 Intensive in Hancock, NY
- Room and Board at the April 2012 Intensive in NY area
- Room and Board at the May Intensive in Hancock, NY
- Registration at the October, 2012 *Building Bridges for Traditional Chinese Medicine* Conference in Chantilly, Virginia. Room and board at the Conference is not included.
- The course book, *Traditional Chinese Medicine: A Natural Guide To Weight Loss That Lasts*
- The book's companion DVD and CD

There will be additional required reading assignments; these materials are not included in tuition. Additional private support sessions are available, at additional cost. Payment is required in order to secure registration.

Questions?

Contact Elaine Katen at 212-274-1079 or ekaten@tcmworld.org

**DRAGON'S WAY® INSTRUCTOR TRAINING
2012 APPLICATION**

Name	
Address	
City, State, Zip	
Mobile Phone	
Work Phone	Occupation
E-mail	
Address	

NOTE: Please confirm that you are able to attend the dates and locations of each of weekend intensives.

Please provide responses to the following questions on a separate page.

1. What is your educational and professional background?
2. Have you completed the Dragon's Way® program? If so, please describe your experience(s).
Have you read the Dragon's Way® book?
3. Do you have prior experience with or exposure to TCM?
4. Have you been involved in any energy practices such as Qigong, meditation, or Taiji?
5. What is your current understanding of Qigong?
6. Why do you want to take this intensive program?
7. What do you hope to achieve by going through the training?
8. How did you hear about this program?

DRAGON'S WAY® PROGRAM AGREEMENT

I understand that I must complete all phases of the Dragon's Way® Instructor Training Program as outlined in order to become a certified Dragon's Way® instructor.

I understand that upon receipt of the certificate, I have permission to teach the Dragon's Way® Stress Management and Weight Loss Program as outlined in the course training.

I commit to full participation in each of the four phases and weekend sessions.

I understand that tuition fees are not refundable.

I agree to charge the standard fee of \$199.00 for each new student participating in the Dragon's Way® program.

I agree that I cannot reproduce any program materials such the Dragon's Way® CD, DVD, forms, paperwork or any portions of the DW book.

All supplies for subsequent programs must be ordered from TCMWF with a three (3) week lead time.

Disclaimer for health: Traditional Chinese Medicine World Foundation does not make any false claims and does not claim that DW will take the place of medical coverage.

Name: _____

Signed: _____

Date: _____