

# 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 Instructor Training, an overview of the key principles of The Dragon's Way® Stress Management and Weight Loss Program, and a program 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 six-month program that includes three in-person training sessions, ongoing phone and online support, and at-home training requirements. After intensive study, experiential practice, cultivation of personal Qi, and passing a qualifying exam, you can become a Certified Dragon's Way® Instructor, qualified to teach The Dragon's Way® program in your community.

Featuring three in-person training sessions as well as structured home study and teleconferencing over the six-month training period, the program is designed to accommodate the schedules of both working professionals and students. You will join a growing number of certified instructors nationwide who market and teach The Dragon's Way® program in a way that fits their schedule and community.

## **The Dragon's Way®**

Developed by Nan Lu, OMD, The Dragon's Way® program itself 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 the body's innate healing intelligence.

For more than a decade, The Dragon's Way® has been nurtured and developed under the guidance and direction of Grand Master Nan Lu. It has helped thousands of health-seekers regain balance and harmony in their lives and has helped them alleviate conditions that disrupt wellness. The program has been taught in communities around the U.S., and at the Hackensack University Medical Center in Hackensack, New Jersey.

## **Prerequisites**

As part of our unique approach, there are only two prerequisites for the Instructor Training: an open heart and an eagerness to grow. No prior knowledge of traditional Chinese medicine or Qigong is required. This program is designed for those who have a sincere desire 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.

The Dragon's Way® Instructor Training program, therefore, requires a serious commitment to training, growth, and practice. This is an intensive program for dedicated individuals who want to learn from a system rooted 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 and embodied practice.

## Readiness Assessment and Support

Building a strong energy foundation is crucial to your success as a Dragon's Way® instructor. Many applicants ask how they will gauge whether their energy levels will be strong enough to teach. Grand 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 Grand Master Lu's requirements, you will be granted permission to teach The Dragon's Way® Program. 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 Grand Master Lu, our team of lead instructors will help you navigate the process. Your success is our success!

## Tuition

Tuition is \$3,900 (Monthly financing options available) and includes:

- Four-day initial training session within the Dragon's Way Deep Dive weekend retreat, Garrison Institute, Garrison, NY. April 12-15, 2018. Accommodations for 3 nights and meals are included. (Thursday 10:30am through Sunday, 1:00pm)
- Four-day training session at the Hancock Training Center and Retreat House in Hancock, NY. Accommodations for three nights and meals are included. June 21-24, 2018 (Thursday 3:00pm through Sunday 1:00pm)
- A three-day main conference registration to the 2018 *Building Bridges of Integration for Traditional Chinese Medicine* Conference in Reston, Virginia, October 11-14, with a special DW Instructor Training track. (Accommodations and meals are not included but we will assist you in finding a roommate.)
- The course book, *Traditional Chinese Medicine: A Natural Guide To Weight Loss That Lasts*
- The book's companion DVD and CD
- Materials to teach your first pilot program

Tuition does not include travel, additional reading assignment materials, materials for your sessions after you become certified, private sessions, or on-going training. Private support sessions are available, at additional cost.

*Please note that 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. Each week the movements are followed by a lesson in the principles of TCM, with an emphasis on understanding the body's relationship to Nature. A question-and-answer period is a natural way to close each session.

### **What fees will I be able to charge participants who participate in my Dragon's Way® program?**

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® pilot class during your instructor training, and when you are running your own programs as a certified instructor, materials for The Dragon's Way will be supplied by Traditional Chinese Medicine World Foundation at a wholesale cost to you.

These materials may not be reproduced in part or in whole and may not be used for any other purpose. The materials include, but are not limited to, books, DVDs, CDs, books, handouts, intake forms, and other program materials. You will be responsible for paying for all materials in advance.

### **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 complexity and delicacy of your body and the way it really works, about how the five organ systems can 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 such as excess weight can disappear.

### **Once I am certified to teach The Dragon's Way®, how do I maintain certification?**

There are two requirements: teaching two Dragon's Way programs per year and attending one of Traditional Chinese Medicine World Foundation educational weekend events per year.

## 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.

**Healthy Eating Plan:** 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 also help prevent and avoid the body's imbalances from progressing into future problems.

**Listening to the Body's Innate Intelligence:** The body has innate wisdom, and is continually communicating to us through signs and signals. In The Dragon's Way®, you practice recognizing those signs, and learn to follow 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 that 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.

# THE DRAGON'S WAY® INSTRUCTOR TRAINING SCHEDULE-APRIL 2018

## Phase 1: An Immersive Experience

**April 12-15**      **Dragon's Way Deep Dive Retreat and Training**  
*Garrison Institute, Garrison, NY*  
Training begins with an all-day private group Qigong instruction, followed by a three-day retreat/intensive.  
Network with other Dragon's Way instructors, becoming part of this growing community. Interact with Grand Master Lu and master instructors to build your energy foundation and refine Qigong practices.  
Participate in group sessions to explore a framework for applying consciousness in healing. Accommodations and meals are included in tuition.

**April-June**      **Experience the Health Benefits**  
Participate in a personalized Dragon's Way program.  
Attend teleconference sessions (twice a month).  
Learn how to apply Chinese medicine thought to everyday health.  
Learn how to understand body language according to Chinese medicine.

## Phase 2: Developing The Dragon's Way® Teaching Skills

**June 21-24**      **Four-Day Training in the Catskill Mountains**  
*Hancock Retreat House, Hancock, NY*  
In-person sessions to further develop your energy practice.  
Practical experience in teaching classes.  
Healthy eating cooking lessons.  
Assessment of personal energy.  
Guidelines for running your own programs.  
Overnight accommodations and meals are included in tuition.

## Phase 3: Teaching Practicum

**July-October**      Run two pilot programs in your community.  
Receive continued guidance and support from instructors and personal mentor.  
Participate in on-going teleconference sessions.

## Phase 4: Certification

**October 11-14**      **Attend Building Bridges Conference**  
*Hyatt Regency in Reston, Virginia*  
Attend Instructor Training track at the Building Bridges conference.  
Network with a wider community of Dragon's Way instructors and TCM practitioners.  
Registration to the main conference is included in tuition.  
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.  
Yearly attendance at one TCMWF weekend workshop and running at least one Dragon's Way program per year are required for Certification to remain active.

## **APPLICATION INSTRUCTIONS**

Please submit your application for the April 2018 program by March 1.<sup>st</sup>

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

### **Send to:**

Elaine Katen  
TCM World Foundation  
34 West 27<sup>th</sup> Street  
Suite 1201  
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. Acceptance is on a first-come, first-served basis.

### **Questions?**

Call Elaine call 212.274.1079, or email Deborah at [dchallahan@aol.com](mailto:dchallahan@aol.com).

**THE DRAGON'S WAY® INSTRUCTOR TRAINING  
APRIL 2018 APPLICATION**

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

**NOTE: Please confirm that you are able to attend the dates and locations of each of the 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 *TCM: A Natural Guide to Weight Loss that Lasts* (The Dragon's Way® book)?
3. Do you have prior experience with or exposure to TCM? Please describe.
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?

## THE 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 and taught 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 *TCM: A Natural Guide to Weight Loss that Lasts* (The Dragon's Way® book).

I understand that 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 The Dragon's Way® Stress Management and Weight Loss Program will take the place of medical coverage.

Name (printed): \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_