

DRAGON'S WAY QIGONG®

INSTRUCTOR TRAINING

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

Dragon's Way Qigong® Instructor Training and Certification

Dragon's Way Qigong® 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 Qigong® 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 two 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 Qigong® Instructor, qualified to teach Dragon's Way Qigong® program in your community.

Featuring two 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 Dragon's Way Qigong® program in a way that fits their schedule and community.

Dragon's Way Qigong®

Developed by Nan Lu, OMD, Dragon's Way Qigong® 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 two decades, Dragon's Way Qigong® 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.

Dragon’s Way Qigong® 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 Qigong® 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 Dragon’s Way Qigong® 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 \$3,500 (Monthly financing options available) and includes:

- Four-day initial training session in an informal setting at our Retreat House in Hancock, NY, November 15-18, 2019 with accommodations for 3 nights and meals
- Four-day training session at our Retreat House in Hancock, NY, January 30-February 2, 2019 with accommodations for three nights and meals
- Multiple video conference calls during the training period
- The course book, *Traditional Chinese Medicine: A Natural Guide To Weight Loss That Lasts*
- Video and audio file of Grand Master Lu performing Dragon’s Way Qigong movements for your personal practice
- 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.

TEACHING DRAGON'S WAY QIGONG® ONCE YOU ARE CERTIFIED

Once I am certified to teach Dragon's Way Qigong® 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 Qigong® 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 Qigong® pilot class during your instructor training, and when you are running your own programs as a certified instructor, materials for Dragon's Way Qigong® 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, video files, audio files, handouts, intake forms, and other program materials. You will be responsible for paying for all materials in advance.

What makes Dragon's Way Qigong® program so powerful?

Dragon's Way Qigong® 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 Dragon's Way Qigong®, how do I maintain certification?

Re-certification is not mandatory at this time, however, yearly attendance at one TCMW weekend workshop is highly recommended for your continued personal and professional growth.

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

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: Dragon's Way Qigong® 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 Dragon's Way Qigong®, 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. Dragon's Way Qigong® 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 Dragon's Way Qigong®, 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. Dragon's Way Qigong® 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 QIGONG® INSTRUCTOR TRAINING SCHEDULE – FALL 2019

PHASE 1: AN IMMERSIVE EXPERIENCE

November 15-18 Training begins with a four-day intensive in the Catskill Mountains, New York.

- Learn 10 Qigong movements and begin to build your personal energy foundation.
- Participate in group sessions to explore the Five Element Framework.
- Learn how to apply Chinese medicine teachings to the human body.
- Learn how to build a personalized eating plan based on energetic properties.
- Hands-on cooking lessons.
- Role playing for teaching experience.
- **Accommodations and meals are included in tuition.**

November- January

Experience the Health Benefits

- Assignment of a personal mentor.
- Participate in a personalized Dragon's Way Qigong program.
- Attend teleconference sessions (three a month).
- Study and apply Chinese medicine theories to health.
- Learn how to understand body language according to Five Elements.
- Discuss and review the major organ systems.

PHASE 2: DEVELOPING DRAGON'S WAY QIGONG® TEACHING SKILLS

January 30- February 2

Four-Day Training in the Catskill Mountains

- Assessment and refinement of Qigong practice.
- Practical experience in teaching classes.
- Continuation of Five Element application.
- Expansion of eating plan elements.
- Join a group of certified instructors for mentorship.
- Assessment of personal energy.
- Guidelines for teaching your pilot programs.
- Receive program and marketing materials.
- **Accommodations and meals included in tuition**

PHASE 3: TEACHING YOUR DRAGON'S WAY QIGONG® PROGRAM

- Test your new skills and market/teach two pilot programs.
- Personal guidance and support from TCM Staff.
- On-going teleconference sessions.

PHASE 4: CERTIFICATION

- In person or Skype session with TCM Staff to assess readiness for certification.
- Continued development of Dragon's Way Qigong technique.
- Discussion and application of Dragon's Way Qigong protocols.
- Review of teaching style.
- Certification verified.

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 at this time but yearly attendance at one TCMWF weekend workshop is highly recommended for your continued personal and professional growth.

APPLICATION INSTRUCTIONS

Please submit your application for the November 2019 program by October 25th.

- 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 27th Street
Suite 1201
New York, NY 10001

Acceptance

You will be notified within three 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 at 212.274.1079, or email Deborah at dchallahan@aol.com.

DRAGON'S WAY QIGONG®

INSTRUCTOR TRAINING

NOVEMBER 2019 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 Dragon's Way Qigong® program? If so, please describe your experience(s).
Have you read *TCM: A Natural Guide to Weight Loss that Lasts* (Dragon's Way Qigong® 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?

DRAGON'S WAY QIGONG®

PROGRAM AGREEMENT

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

I understand that upon receipt of the certificate, I have permission to teach the Dragon's Way Qigong® 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 Dragon's Way Qigong® program.

I agree that I cannot reproduce any program materials such as Dragon's Way Qigong® video and audio files, 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 Dragon's Way Qigong® program will take the place of medical coverage.

Name (printed): _____

Signed: _____

Date: _____