

QIGONG HEALING INTENSIVE

Leading to Instructor Certification

(12 CEUs for Massage & Acupuncture)

NORTH MIAMI: July 9-August 13, 2009

SOUTH MIAMI: July 11-August 15, 2009



*Dashi Chu Kocica, Acupuncture Physician
Supreme Science Qigong Facilitator & Trainer*

Experience the healing benefits of 5,000 year-old Chinese Qigong, the ultimate longevity practice. Disease thrives in an oxygen-deprived environment and daily stress stagnates your energy and depresses the immune system.

The energy science of Qigong uses gentle movement to saturate the body with oxygen, vaporize stress and prevent serious diseases from developing. The daily practice of Qigong will increase vitality, rejuvenate the body, calm the mind, enhance your health and well-being, and bring you inner peace.

This is also an opportunity for health care practitioners, healers and anyone else interested in improving health and quality of life to experience and share the remarkable healing results of Qigong.

This intensive course will give you all the skills you need to practice and teach the **five Level I forms of Supreme Science Qigong**:

1. **Empty Force**- cleanse your body-mind of all stress and fill your energy field with healing Qi
2. **Cloud Hands**- energize lungs and connect to Heaven Qi
3. **Earth Hands**- fortify lower body, reproductive organs and connect to Earth Qi
4. **Around the World**- massage and rejuvenate the organs and spine
5. **Push Hands**- learn to “project Qi” from your hands for self-healing and healing others.

Students need to commit to the daily practice of the forms (40 min) using the DVD by Jeff Primack, and by the end of the course, all students should have fully memorized the Level I forms, regardless of whether they plan to teach or not. The 12 contact hours will focus on correcting posture and flow in their practice and deepening one’s understanding of the healing potential of Qigong.

- Weeks 1-2 to learn the basic movements of the forms and enter into the Qigong state
- Week 3-4 is the Part I exam: “I can do the forms from memory;”
- Weeks 4-5 to practice verbalization and mirroring the forms
- Week 6 is the Part II exam: “I can teach the forms to others.”

Those passing both exams will become Certified Supreme Science Instructors (Level I) and be listed with photo on the website: www.qigong.com.

REQUIRED MATERIALS: Qigong Healing DVD by Jeff Primack (\$45). DVDs may be purchased and mailed in advance by calling Dashi 305-776-0760 or by stopping by her office at 430 S. Dixie Hwy #211.

MAKEUP CLASSES: Students may make up a classes at the concurrent course offered at The Treehouse in S.Miami which meets Saturdays, 2.30-4.30 pm from July 11-August 15.

CEUS: 12 CEUs for Massage (FL & NCBTMB) and Acupuncture (FL & NCCAOM).

VISIT www.qigong.com for information about Supreme Science Qigong.

VISIT www.asianhealingarts.org to view Dashi's calendar of workshops and retreats. To receive her email calendar, send your name, address and tel to info@asianhealingarts.org.

Your Instructor: [Dashi Chu Kocica, AP](#) is an Acupuncture Physician specializing in Asian Healing Arts. She is a Supreme Science Facilitator and author of 8 videos on Qigong and therapeutic exercise and teaches workshops world-wide. Dashi is co-director of the Center for BioTherapeutics in Miami and the Orosi Mountain River Lodge & Retreat Center in Costa Rica.

NORTH MIAMI: July 9-August 13, 2009

Date: Thursdays, July 9,16,23,30- August 6,13 (6 classes) Time: 7.00-9.00 pm

Location: I LOVE YOGA STUDIO, 99 NW 166 St. Miami 33169. [Google Map](#)

Price: \$199 for 6 sessions (10% discount to [FSOMA](#) members).

SPACE IS LIMITED. Pre-register by contacting Dashi at cell 305-776-0760 or email info@asianhealingarts.org.

SOUTH MIAMI: July 11-August 15, 2009

Date: Saturdays, July 11,18,25- August 1,8,15 (6 classes) Time: 2:30-4:30-pm

Location: Green Monkey Tree House, 5792 Sunset Drive, 2nd floor, Miami 33143

[Google Map](#)

Price: \$199 for 6 sessions (10% discount to [FSOMA](#) members).

SPACE IS LIMITED. Pre-register by contacting 305-669-4949 or email info@greenmonkey.net.
