

SOARING CRANE QIGONG

2011 LEVEL III PROGRAM

With Teri Applegate, MAcOM, LAc



Students completing Levels I & II in Soaring Crane Qigong may be considered for the Level III program when they have amply practiced the following pre-requisites of the system (in total at least 150 hours):

- ☉ Five Routines
- ☉ Liver Cleansing
- ☉ Tonification
- ☉ Standing & Sitting Meditations
- ☉ Gather Qi 4 Left/3 Right
- ☉ Bringing Down Qi/Lower High Blood Pressure
- ☉ Exchanging Qi w/ Universe
- ☉ 4 Route Relaxation

Throughout the Level III program, nine days in all, the remaining aspects of Soaring Crane Qigong will be taught along with the four additional Remedy Routines. The intricacies of the 106 parts of the Five Routines will be explored, along with the underlying theories of Traditional Chinese Medicine (TCM), which qualify Soaring Crane Qigong as a medical qigong system. Students will come to know the basics of TCM, the five elements, & the techniques of acupressure self-massage.

A highlight will be learning the Crane Walking Steps, which represent the spiritual journey of Monk Tang. Students enjoy hearing philosophical stories from the Taoist & Buddhist traditions .

All prospective Level III candidates will submit a letter of recommendation from their Level II qigong instructor indicating they are able to perform the forms listed above. Those trained out-of-state, will need to contact Teri directly and may need to send a video of their current Five Routines practice prior to acceptance into the program. This is to ensure that all participants have a similar proficiency in order to progress as a group through the Level III training.

The Soaring Crane Qigong Level III program will be taught by Teri Applegate, lineage holder. Having assisted Professor Chen, Hui Xian at Oregon College of Oriental Medicine, Teri has taught the Level III program since Professor Chen's retirement.

This program is open to those who have attended Level III in the past and wish to deepen their studies, and to those who were unable to complete all parts of the program. Please contact Teri for details.

Tuition: \$780 Total program; \$260 at each workshop Part I, Part II & Part III
(tuition includes handouts & video of Level III material)

For more information, contact Teri at qigongclasses@aol.com or call: 206-778-9907

LEVEL III PROGRAM REGISTRATION* DEADLINE IS JANUARY 10, 2011

***With \$260 Payment & Recommendation Letter**

Workshop hours: Sat. 1-6, Sun 9-5, Mon. 9-4
Part I: Saturday–Monday, January 22-24, 2011
Part II on March 26-28 & Part III on June 11-13, 2011

Soaring Crane Qigong Level III Program for 2011

Dates: 9 Days Total: Part I- January 22-24; Part II- March 26-28; Part III- June 11-13

Instructor: Teri Applegate, MACOM, LAc, Lineage Holder

Course Content:

- *Refinement of Five Routines
- *Learn Crane Walking Steps
- *Review 4 Remedy Routines & Theories
- *Traditional Chinese Medicine Related to Qigong
- * Experientially Understand Theories behind all Forms, & Standing/ Sitting Meditations
- *Examine theories of its 106 parts
- *Study "Journey to the West"
- *Learn 4 More Remedy Routines & Theories
- *Philosophical Stories of Daoism & Buddhism
- *Practice Lying Down Relaxations

Dates & Times:

The 2011 Level III program includes three sessions, 9 days in total. The schedule will be:

Dates: Part I- January 22-24	Times: Saturday 1-6 pm
Part II- March 26-28	Sunday 9-5 pm
Part III- June 11-13	Monday 9-4 pm

First Session Tuition of \$260 is Payable with Registration:

\$780 in total; or \$260 prior to each workshop; or installments arranged with Teri:

\$260 due January 10th

\$260 due March 14th

\$260 due June 1st

Deadline to Register for Level III Program: **January 10, 2011**

Registration Includes: Sending \$260 Payment, Completed Registration Form & Recommendation Letter* (*see below*)

Checks are to be made payable to Teri Applegate. Please make your payments in a timely manner, or contact Teri should you need to have a payment schedule.

Pre-requisites:

- Level I training (minimum 12 hours instruction) with a certified Level I instructor
- Level II training (minimum 12 hours instruction) with a certified Level II instructor
- Level I & II training should have included the following parts of Soaring Crane Qigong with students having **at least 150 hours** of combined personal practice time prior entry into Level III. For clarification, please contact Teri.
- Having learned the following Remedy Routines:

Five Routines	Standing Meditation	Sitting Meditation
Liver Cleansing	Tonification	Gather Qi 4 Left/3 Right
Bringing Down Qi/Lower High Blood Pressure		

Additional requirements (not necessary if your Level II instructor was Teri Applegate):

If you received both Level I and II training, or just Level II with a certified teacher **other than Teri**, there are two additional requirements due with your registration form and tuition payment:

1. A letter of recommendation* from your Level II teacher, recommending you as a candidate for Level III training. (*Not required if you studied with Teri.)

2. If you live out-of-state, please contact Teri to get details for sending a videotape or DVD of yourself practicing the Five Routines. If you live near Seattle, you have the option of attending a Soaring Crane Qigong practice or workshop taught by Teri to fulfill this requirement. This is to ensure that students know the forms of Level I & II so they will keep pace with the group in learning the remainder of the qigong system as offered in Level III.

Recommendation:

If you haven't already done so, you will need to establish a daily practice of the Five Routines & Standing Meditation and alternately include the remedy routines taught in Level I and II. This discipline will enable you to incorporate the new Soaring Crane Qigong material taught during the course of the Level III program.

Workshop Location:

222 Etruria Street, #200
Seattle, WA 98109
(Just south of the Fremont Bridge)

Directions & Workshop Details will be sent out after registration is received.

SOARING CRANE QIGONG
2011 LEVEL III PROGRAM
REGISTRATION FORM

***** REGISTRATION DEADLINE FOR LEVEL III PROGRAM IS 1/10/11*****

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

EMAIL: _____ PHONE: _____

LEVEL I INSTRUCTOR: _____

DATE OF LEVEL I TRAINING: _____

LEVEL II INSTRUCTOR: _____

DATE OF LEVEL II TRAINING: _____

HEALTH/PHYSICAL CHALLENGES: _____

Tuition Enclosed:

_____ \$780 Total
_____ \$260 -Part I Payment included (\$260 due for Parts II & III prior to March & June workshops)
_____ \$130 -1st installment for Part I due Dec. 10th; 2nd \$130 for Part I due on Jan. 22nd

Deadline to Register: January 10, 2011

Registration Includes: Sending Payment, Completed Registration Form & Recommendation Letter* (*see above*)

Mail Registration & Check payable to:
(+ Recommendation Letter):

Teri Applegate
Healing in Harmony Center
PO Box 33742
Seattle, WA 98133

Recommendation Letter (include if Level II instructor was not Teri):

_____ Enclosed _____ No need, I studied with Teri

VHS/DVD of the Five Routines Practice (include if Level II instructor was not Teri):

_____ Enclosed

Full Refunds given only with 72 hour advance notice of cancellation.