

# SOARING CRANE QIGONG

## LEVEL I WORKSHOP



Photo by T. Applegate

with

**TERI APPLGATE, MAcOM, LAc**  
*Soaring Crane Qigong Lineage Holder*

**OCTOBER 1<sup>ST</sup> & 2<sup>ND</sup>, 2011**  
**SATURDAY 1-6 & SUNDAY 9-5**

In this two-day workshop, participants will learn the Five Routines, two Remedy Routines for cleansing and healing, and a restful lying down qigong mediation. The Five Routines are considered the foundation of Soaring Crane Qigong, and consist of five dynamic forms that imitate the nature and movements of the crane. The red-crowned crane has been highly regarded in Chinese lore as a symbol of longevity. It is revered for its elegant movements, and its calm, peaceful demeanor.

The Five Routines embody the essential techniques of Chinese Soaring Crane Qigong which open acupoints, clear meridians, and develop the power of the mind to guide the qi. Given techniques to quiet and calm the mind, one is better able to deal with the challenges of our present life situations.

Remedy Routines to be offered are Liver Cleansing, which clears diseased qi from the body through the Liver channel, and the Tonification Stance for building qi. Participants will enjoy a qigong nap with a lying down qigong meditation that benefits overall health.

With over 30 million people practicing world-wide, it is a powerful medical qigong system which can be modified for those living with chronic illness\* or physically challenged.

*(\*Soaring Crane Qigong is contraindicated for those diagnosed with psychological disorders such as schizophrenia, bipolar, or borderline personality.)*

**Location:** 222 Etruria Street #200 (1 blk. South & 1 blk. West of Fremont Bridge)  
Seattle, WA 98109

**Tuition:** \$200 (includes book & practice CD), if postmarked by 9/26/11  
\$225 (includes book & practice CD) after 9/26/11

***Pre-registration Required.***

**For information about the workshop or for registration form,  
contact [qigongclasses@aol.com](mailto:qigongclasses@aol.com) or phone 206-778-9907**

SOARING CRANE QIGONG  
LEVEL I WORKSHOP  
OCTOBER 1<sup>ST</sup> & 2<sup>ND</sup>, 2011  
Saturday 1-6PM & Sunday 9AM-5 PM

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

PRIOR QIGONG EXPERIENCE: \_\_\_\_\_

HEALTH CONCERNS: \_\_\_\_\_

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*Pre-registration Required. Full refunds only given with 72 hour advance notice of cancellation.*

Send Registration & Check to: Teri Applegate  
PO Box 33742  
Seattle, WA 98133

For information, email [qigongclasses@aol.com](mailto:qigongclasses@aol.com), or phone (206) 778-9907

*During the week prior to the workshop, you will receive a follow-up email with guidelines & directions to the dojo. Thank you. We look forward to having you in class.*