

# Maahaah-Rooh Medical Qi Gong & Mindfulness (Meditation) for Restorative Health & Energy

## Syllabus:

### Part I (Day 1, 9a - 1p):

9:00 AM	Introduction
9:15 AM	Description of Maahaah Rooh Medical Qi Gong and Why It Is Effective at Restoring Qi
9:30 AM	Review of T.C.M. Theory of Meridians and Channels
10:00 AM	Qi Stretching and Breathing
10:15 AM	Energetic Exercises 1: Forms 1, 2 & 3
11:30 AM	Break
11:40 AM	Seven-Palm Qi Gong, Five- and Seven-Point Qi Gong
12:30 PM	Mindfulness and Meditation
12:45 PM	Questions and Answers

### Part II (Day 2, 9a - 1p):

9:00 AM	Review of Previous Day's Practice
9:30 AM	Mind/Body Mudra Exercises
9:45 AM	Mother Palm Qi Gong
10:00 AM	Father Palm Qi Gong
10:30 AM	Break
10:40 AM	Accupoints for Regenerating Qi
11:00 AM	Jewel in the Lotus Qi Gong and Qi Regeneration
12:15 PM	Cobra Breathing
12:30 PM	Mindfulness and Clear Light Meditation
12:45 PM	Questions and Answers