

## Yi Ren® Qigong Certified Instructor Agreement

This agreement is made between the Institute of Qigong and Integrative Medicine (IQ&IM) and \_\_\_\_\_ (name) on \_\_\_\_\_, 2019 in Bothell, Washington.

The Institute of Qigong & Internal Medicine (IQ&IM) is a 501(c)(3) non-profit organization providing instruction and certification in Yi Ren® Qigong. Yi Ren® Qigong is a proprietary instruction, methodology and system developed by Dr. Guan-Cheng Sun, PhD. and provided through IQ&IM. Providing quality instruction in Yi Ren® Qigong is central to the mission of the IQ&IM.

Yi Ren® Qigong (YRQ) is a proprietary registered or trademarked Qigong system. \_\_\_\_\_ (name) acknowledges that they are not allowed to teach this system without on-going approval and certification from Dr. Guan-Cheng Sun, PhD. or his official designee and the IQ&IM Board. The provisions of this agreement apply to all use of the Yi Ren® Qigong (YRQ) registered or trademarked Qigong proprietary methodologies, instruction and systems.

**I. Term:** The term of this agreement is from July 1, 2019 to July 1, 2021.

**II. Consideration:** In consideration for the payment of \$125.00 for this two-year contract \_\_\_\_\_ (name) is granted a license to use the Yi Ren® Qigong Certified Instructor designation and the Yi Ren® Qigong registered logo herein below:



The right to use the license granted is subject to the provisions of this agreement. \_\_\_\_\_ (name) agrees that they may use only the Yi Ren® Qigong Certified Instructor designation and the Yi Ren® Qigong registered logo and not the IQ&IM logo, registration, copyrighted or trademarked materials or systems. Any such use is **STRICTLY PROHIBITED**. The use of the designation “Yi Ren® Qigong Certified Instructor” and the Yi Ren® Qigong registered logo is strictly contingent on compliance with the terms of this Agreement.

**III. Certification Levels:** IQ&IM provides training in Yi Ren® Qigong a proprietary method of Qigong practice developed by Dr. Guan-Cheng Sun, PhD. IQ&IM recognizes there are different levels of professional certification and experience. This contract applies only to base instruction of Yi Ren® Qigong materials, concepts and protocols provided in the current Level I, II and III written materials and videos.

**IV. Yi Ren® Qigong Certified Instructor Code of Ethics and Conduct:**

\_\_\_\_\_ (name) agrees to adhere to the highest standards of Professional Behavior and the Code of Ethics and Conduct both as outlined below:

**A. Professional Behavior:**

1. Maintain Professional Ethics and Student Confidentiality
2. Demonstrate Compassionate Caring Behavior
3. Provide Respectful Communications
4. Maintain Personal Health & Wellness
5. Respect Professional Boundaries

**B. Code of Ethics and Conduct:**

1. Provide quality education and adhere to high standards of professionalism, integrity, and honesty.
2. Respect the rights and property of students, colleagues, and other professionals, and safeguard all confidences and privacy.
3. Maintain appropriate personal and professional boundaries and recognize that it is unacceptable to manipulate the energy and consciousness of others.
4. Refrain from any substance abuse and model the highest standards of healthy behavior.
5. Strive to prevent passive reactive behavior and misuse of energies including mental, emotional, spiritual, and sexual energy, or any kind of abuse.
6. Offer services without favoritism, prejudice, or discrimination based on age, race, creed, color, national origin, sex, honorably discharged veteran or military status, sexual orientation, or the presence of any sensory, mental or physical disability.

**V. Maintaining Certification and Continuing Education Requirements:** All Yi Ren<sup>®</sup> Qigong Certified instructors are required to maintain active certification through the Institute (IQ&IM). The certification requirements are as follows:

**A. Basic Skill Set:** Each instructor must have successfully completed all requirements of the Yi Ren<sup>®</sup> Qigong Certified Instructor Teaching Program including a total of 168 hours (twelve – 14 hour seminars) of course instruction offered by IQ&IM and must demonstrate or meet the following criteria:

**B. Instructional Skills Sets:**

1. Communications Skills, including written, listening, speaking, information literacy and public speaking.
2. Critical thinking, including the abilities to synthesize and integrate materials and protocols, complete personal reflective evaluations, demonstrate problem solving, analytical and intuitive skills.

**C. Yi Ren<sup>®</sup> Qigong Material Comprehension:**

1. Ability to instruct the basic methodologies of Level I to Level III practices.
2. Comprehension of the underlying Yi Ren<sup>®</sup> Qigong principles and virtues.

3. Base understanding of Chinese Acupuncture Meridians or Energy pathways.
4. Base understanding of body physiology and anatomy.
5. Base course instructions (see attached Yi Ren® Qigong Instructor Training Objectives, Yi Ren® Qigong Instructor Skill Objectives and example syllabi).

**D. Permitted Teaching Protocols:**

1. Yi Ren® Qigong Certified Instructors can teach only those classes they have been certified to teach by Dr. Guan-Cheng Sun, PhD or his designee, the Education Committee and The Board of IQ&IM.
2. \_\_\_\_\_ (name) acknowledges and agrees Certification under the Yi Ren® Qigong Certified Instructor level does not authorize the instructor to teach anything outside of the Yi Ren® Qigong registered trademarked Qigong system Level I-III practices. **Instructors may ONLY teach base instruction of Yi Ren® Qigong materials, concepts and protocols provided in the current Level I-III written materials and videos. No other modifications may be taught.**
3. \_\_\_\_\_ (name) agrees she/he may only provide students with IQ&IM materials via IQ&IM website purchase or permission for direct sale in classes to benefit IQ&IM only. No other materials may be provided to students of instructors at this level unless express written permission has been obtained by the IQ&IM Education Board. The **ONLY EXCEPTION** is the teacher may provide a general outline of the course instruction. See example below:

Sample Course Outline: Level I

Week One: Introduction to Internal Qi Activation  
 Warm Up & Shaking Exercises  
 Energy Field Construction Activation

Week Two: Internal Power Station Activation Exercise

4. \_\_\_\_\_ (name) agrees they are not authorized to discuss or provide medical diagnosis or treatment and will not interfere with a student's pursuit of various personal health care, wellness and therapeutic modalities.

**E. Ongoing Practice Requirements:**

1. Minimum ongoing Yi Ren® Qigong personal practice (outside of classroom setting) a minimum of 300 hours per year (25 hours per month). Maintenance of a personal practice log is required.
2. Keep personal journal, recording time and experiences in self-practice and cultivation.

**F. Ongoing Community Service to IQ&IM (optional):** During the term of this agreement the instructor is encouraged to participate and assist in the spirit of community support in a minimum of two IQ&IM approved programs or events in service to the Institute.

**G. Seminars:** Attend two Yi Ren<sup>®</sup> Certified Instructor Refresh and Review seminars with Dr. Guan-Cheng Sun, PhD or his designee for a total of twenty-four hours over the term of this agreement. (Exceptions for special circumstances may be addressed with Dr. Sun or his designee.)

## **VI. IQ&IM Reviews, Complaints and Compliance Requirements:**

**A. IQ&IM Reviews:** Yi Ren<sup>®</sup> Qigong classes may be visited periodically for quality assurance, compliance with this Agreement and support by Dr. Guan-Cheng Sun, PhD or his designee(s). The Institute reserves the right to modify its review process at any time in the future and will provide written notice of changes to its review policies.

**B. Complaint Process/Student Complaints:** If a certified instructor receives direct complaints from a student, the instructor will make efforts to resolve the issue(s) with the student. If the issue(s) is/are still not resolved, the instructor is required to provide written notice to IQ&IM of the name of the student, the date of the complaint(s), general outline of the complaint(s) and an outline of the steps taken to resolve the issue(s). IQ&IM may then take additional steps to contact the student to resolve the issue(s). If IQ&IM determines the student's complaints are an issue with the instructor IQ&IM may take steps to modify the instructor's methods and/or revoke certification.

**C. Instructor Modification or Loss of Certification:** IQ&IM will provide a certified instructor with written notice of any issues that may result in corrective actions for the certified instructor. The notice will outline the issue(s) that need to be rectified, the steps that must be taken to continue certification and a timeline to complete the modifications and/or outline the basis for revocation of certification. Revocation of certification may be based upon non-compliance with general requirements of certification, violation of code of conduct or ethical obligations, non-payment of certification fees, membership dues or a combination of any of these areas.

Yi Ren<sup>®</sup> Qigong Certified Instructors may be asked to modify or cease teaching Yi Ren<sup>®</sup> Qigong by the Board of Directors or Dr. Guan-Cheng Sun, PhD at any time based on any material violation of this agreement.

**VII. IQ&IM Instructor Services:** IQ&IM will provide Yi Ren<sup>®</sup> Qigong Certified Instructors the following benefits:

- A. The right to use the Yi Ren<sup>®</sup> Qigong Certified Instructor designation and the Yi Ren<sup>®</sup> Qigong registered logo certification designation as provided in Section II above subject to the terms of this agreement.
- B. Recertification Programs along with Yi Ren<sup>®</sup> Certified Instructor Refresh and Review seminars at least one time per year subject to the payment of registration fees to be determined by the Institute.
- C. Discounts for all TCTP repeat seminars.
- D. Website Listing of Yi Ren<sup>®</sup> Qigong Certified Instructors and website links subject to appropriate disclaimers.

**VIII. Application for Recertification:** Yi Ren<sup>®</sup> Qigong Certified Instructors may apply for recertification with IQ&IM every two years and pay a re-certification fee. If the Instructor does not obtain recertification and execute a new Instructor Agreement the license to use the Yi Ren<sup>®</sup> Qigong Certified Instructor designation and logo shall terminate at the end of the term of this agreement.

**IX. Intellectual Property and Trademark Rights-Restrictions:**

- A. **Provided Materials** All materials provided in Yi Ren<sup>®</sup> Qigong Certification Programs and classes are the sole property and are proprietary to Dr. Sun and the IQ&IM Institute. No Yi Ren<sup>®</sup> Qigong (YRQ) registered **or** trademarked Qigong proprietary methodologies, instruction and systems recordings, materials, videos, handouts, etc. may be disseminated by any instructor to their students or other persons without the express written permission of the Institute.
- B. **Purchasing Materials:** All Yi Ren<sup>®</sup> Qigong (YRQ) registered **or** trademarked Qigong proprietary methodologies, instruction and systems materials used by the instructor or instructor's individual students shall be purchased from the Institute either via the IQ&IM Institute website or hard copies upon request. If hard copies are requested, the instructor agrees to pay for the copies *in advance*. Availability of hard copy materials, costs or minimum quantities may change at any time without prior notice.
- C. **Material Development:** If a Yi Ren<sup>®</sup> Qigong Certified Instructor would like to develop written materials based upon Yi Ren<sup>®</sup> Qigong proprietary methodologies, teachings, materials, systems, etc. including manuals, handouts, videos, recordings, etc. the instructor will submit a written proposal to the IQ&IM Educational Board. Any materials or videos developed by an instructor must be approved in writing by IQ&IM Educational Board. **The ONLY EXCEPTION is the Instructor may utilize a basic class outline as outlined in Section V, Permitted Teaching Protocols item number 3 above.**

\_\_\_\_\_ (name) agrees all materials developed based upon Yi Ren<sup>®</sup> Qigong proprietary methodologies, teachings, materials, systems, etc. are the property of the Institute. Copyright and Trademark rights will be strictly enforced.

**D. Ownership:** Ownership of all materials developed by an individual instructor will remain with IQ&IM. IQ&IM agrees to split the proceeds of the sale of any such materials developed by the instructor in a 70/30 allocation, 70% percent of the proceeds go to IQ&IM and 30% percent goes to the instructor who develops the material. Exceptions may apply on an individual determination by Dr. Sun and or the IQ&IM educational board. IQ&IM will grant permission to the developing instructor to use the materials in their personal classes without additional cost. IQ&IM will also provide appropriate attribution to the individual(s) who develops the materials.

**E. Proceeds Allocation:** If approval of the material is granted \_\_\_\_\_ (name) agrees to the proceeds allocation set forth above and dissemination of the materials directly through IQ&IM as outlined above. **Any materials developed, utilized or disseminated in violation of this agreement shall result in immediate revocation of certification and may result in intellectual property violation legal actions.**

**X. Use of Waiver Forms:** \_\_\_\_\_ (name) agrees they will require each student participating in a Yi Ren® Qigong Certified Instructor class or any Yi Ren® Qigong sponsored event to complete the Class Participation Form (see Attachment 1 herein) and/or the Class and Event Participation Agreement (see Attachment 2 herein). Further, they agree that only these two forms may be utilized. **NO OTHER FORMS** may be utilized or provided by Yi Ren® Qigong Certified Instructor.

By signing this Agreement, the Yi Ren® Qigong Certified Instructor agrees to abide by all aspects of this agreement when teaching Yi Ren® Qigong classes, workshops or events, materials, or representing IQ&IM.

Printed Name of Certified Instructor: \_\_\_\_\_

Printed Address of Certified Instructor: \_\_\_\_\_  
\_\_\_\_\_

Signature of Certified Instructor: \_\_\_\_\_  
Date: \_\_\_\_\_

Institute of Qigong & Integrative Medicine: \_\_\_\_\_  
Date: \_\_\_\_\_

## Addendum 1

### **IQ&IM Class and Event Participation Agreement**

Yi Ren® Qigong is a proprietary instruction, methodology and system developed by Dr. Guan-Cheng Sun, PhD. provided through IQ&IM and its Yi Ren® Qigong Certified Instructors.

For all participants in any Institute of Qigong and Integrative Medicine (IQ&IM) and/or Yi Ren® Qigong Certified Instructor class, seminar or event specific notice is provided herein:

**Intellectual Property and Trade Mark Rights-Restrictions:** Yi Ren® Qigong (YRQ) is a proprietary registered or trademarked Qigong system. Participant acknowledges that they are not allowed to teach this system without approval and certification from Dr. Guan-Cheng Sun, PhD. or his official designee and the IQ&IM Board.

All materials provided in Yi Ren® Qigong Certification Programs and classes are the sole property and are proprietary to Dr. Sun and IQ&IM. No recordings, materials, videos, handouts, etc. prepared or provided by Dr. Sun or the IQ&IM Institute may be disseminated by any participant without the express written permission of the Institute.

All written, recorded or electronic media materials of any kind prepared, made, distributed, developed or in any way provided whether through personal delivery or by electronic means in any IQ&IM seminars, programs, classes, events, individual tutoring or teaching sessions with any IQ&IM personnel or Yi Ren® Certified Instructors are restricted. Nothing may be copied, shared or used by class participants for anything other than personal individual use without the express written permission of IQ&IM and Dr. Guan-Cheng Sun, PhD.

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I acknowledge that this Agreement shall be effective and binding upon me.

Furthermore, I understand that by signing this Agreement I acknowledge that I have read, understood, and accepted all the terms and conditions stated above.

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Printed Student Name

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Printed Student Address

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Student Signature:

Date: \_\_\_\_\_

## **Addendum 2**

### **IQ&IM Class Participation Waiver Form**

The Institute of Qigong & Internal Medicine (IQ&IM) is a 501(c)(3) non-profit organization providing instruction and certification in Yi Ren® Qigong. Yi Ren® Qigong is a proprietary instruction, methodology and system developed by Dr. Guan-Cheng Sun, PhD. and provided through IQ&IM and its Yi Ren® Qigong Certified Instructors. Providing quality instruction in Yi Ren® Qigong is central to the mission of the IQ&IM and its Certified Instructors. Participation in any event or class requires each student to review and sign this Class Participation Waiver Form.

I acknowledge I am taking this Yi Ren® Qigong course voluntarily. I understand this program requires the activation, utilization and transformation of personal energies. As with any activity involving personal energies, physical movement and contact, it is not without risk. The Institute of Qigong & Integrative Medicine (IQ&IM) and your Yi Ren® Qigong Certified Instructor takes reasonable precautions to ensure that the Yi Ren® Qigong program will be a safe experience for all participants.

I acknowledge I have the necessary basic health, skills and ability to participate in the activity of this course and that if I have any health concerns I have discussed and obtained release from a qualified medical provider to participate in this program.

I understand it is my personal responsibility and agree to communicate any medical conditions, physical limitations, special needs or other concerns to the Institute of Qigong & Integrative Medicine (IQ&IM) representative and Yi Ren® Qigong Certified Instructor. I understand I am not required to complete any energetic or physical activity that exceeds my abilities in any way. I may make any modifications to my practice necessary to protect my own health and limitations.

I acknowledge and understand the Institute of Qigong & Integrative Medicine (IQ&IM) and its Yi Ren® Qigong Certified Instructors do not provide any medical diagnosis, treatments, prescriptions, or suggestion for treatment, therapy, medication or health care in relation to any human disease, pain, injury, deformity, physical, psychological, mental, or medical condition. The practices and information provided herein, in the class/event, and in any printed materials, are NOT to be used as an alternative to professional medical treatment.

I assume full responsibility for myself for any bodily injury or death resulting from my participation in this programs and will not hold The Institute of Qigong & Integrative Medicine (IQ&IM) representative and/or Yi Ren® Qigong Certified Instructor responsible for expenses or damages directly or indirectly arising out of my participation in the Yi Ren® Qigong program or IQ&IM events.



I assume full responsibility for all of my personal property. The Institute of Qigong & Integrative Medicine (IQ&IM) representative and/or Yi Ren® Qigong Certified Instructor does not assume any responsibility of lost or misplaced personal property.

I fully understand that The Institute of Qigong & Integrative Medicine (IQ&IM) representative(s) and/or Yi Ren® Qigong Certified Instructor reserve the right to refuse any person participation in any class, seminar or event who is judged by the Institute or the Instructor to be incapable of meeting the requirements of participation in the class, seminar, or event activities.

I agree to abide by the instructions given to me verbally or in writing by The Institute of Qigong & Integrative Medicine (IQ&IM) representatives and/or Yi Ren® Qigong Certified Instructor.

I agree to hold harmless IQ&IM, its subsidiaries, directors, officers, employees, volunteers, agents, insurers, sponsors, advertisers, or the operators of the event, facilities or equipment providers, and all others involved with the Yi Ren® Qigong community education program or other IQ&IM events.

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I acknowledge and agree I may not to teach the methods or information obtained in any Yi Ren® Qigong program to others, unless I have completed certification under The Institute of Qigong & Integrative Medicine (IQ&IM). All instruction received in this course is for my personal use only.

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**I acknowledge that this Agreement shall be effective and binding upon me during the entire period of my participation in classes, seminars or other events offered by IQ&IM.**

**Furthermore, I understand that by signing below I acknowledge that I have read, understood, and accepted all the terms and conditions stated above.**

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Printed Student Name

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Printed Student Address

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Student Signature:

Date: \_\_\_\_\_

## Addendum 3

# Yi Ren<sup>®</sup> Qigong Foundation Level I Syllabus

This is the first course in the three course Yi Ren<sup>®</sup> Qigong Foundation Level Series.

## Course Overview

### Course Description

This course focuses on Qigong basic theory and application, including internal Qi-energy activation (得气, De Qi), cultivation (养气, Yang Qi), grounding (固气, Gu Qi) and circulation (行气, Xing Qi).

### Student Competencies

- Communication Skills
- Critical Thinking
- Professional Behavior

### Major Course Educational Objectives

- Understand Yin/Yang theory in depth and its application in Qigong practice.
- Understand the state of relaxation and the state of mind in Qigong practice.
- Learn Yi Ren<sup>®</sup> Qigong specific methods for internal Qi-energy activation, cultivation, grounding and circulation (around Ren-Du meridians).
- Learn four different breathing methods for enhancing the internal Qi levels and improving the internal Qi-cultivation.
- Demonstrate the Yi Ren<sup>®</sup> Qigong internal Qi activation, cultivation, grounding and circulation exercises.

### Major Course Competencies

- Student will be able to gain experiential understanding of internal Qi activation.
- Student will be able to demonstrate the Yi Ren<sup>®</sup> Qigong internal Qi activation, cultivation, grounding and circulation exercises.
- Student will be able to explain the Qigong theoretical basis of each exercise.

### Instructional Philosophy

Theory without experience is empty. Experience without theory is blind. The mastery of Qigong healing arts is the completion of integrating experience with theory, and the understanding of reality.

### Pre-requisite Knowledge

None.

**Instructional Materials and Resources** (Recommended Texts or Study Aids)

*Qigong: Internal Activation, Guan-Cheng Sun, PhD and Jill Gonet, MFA.*

**Study Strategies & Class Participation Expectations**

The ability to be successful in this class is based on regular practice of Qigong exercises in out of class time. Students are expected to practice the new Qigong exercises and study material and references presented on a weekly basis as the quarter progresses.

<b>WEEK</b>	<b>TOPIC</b>	<b>EXERCISE(S)</b>	<b>BRIEF OUTLINE OF CONTENT</b>
1	Introduction to Internal Qi Activation	Warm Up & Shaking Exercise Energy Field Construction Activation	Concepts of relaxation and state of mind, energy field activation
2	Internal Energy System & Biological Battery	Internal Power Station Activation Exercise	Internal power station activation
3	Major Seven Energy Centers	Internal Energy Centers Activation & Cultivation Exercise	Internal energy centers activating & internal Qi-cultivation
4	Application of Yin/Yang Theory & Internal Qi Balance and Harmony	Shoulder Relaxing Exercise & Internal Energy Balancing Exercise	Shoulders Relaxation & internal Qi balance practice
5	Breathing & Health	Deep Chest Breathing, Normal Abdominal Breathing & Skin Breathing Exercises	Human growth, development & aging. Child breathing & adult breathing
6	Breathing & Internal Qi-Cultivation	Reverse Abdominal Breathing Deep Body Cleansing Exercise	Embryonic breathing & reverse abdominal breathing
7	Qigong Practice & Living Environment	Internal Energy Grounding Exercise Small Universe Exercise	Internal Qi grounding practice
8	Qigong Practice & Brain & Nervous System	PNS Empowering Exercise	Internal Qi circulation practice
9	Qigong Practice & Awareness	Peaceful Mind Meditation Exercise	Peaceful Mind Meditation
10	Qigong Practice & Self-Care	Leve I Exercise Review	Review

# Yi Ren<sup>®</sup> Qigong Foundation Level II Syllabus

This course is designed to develop awareness of the Qi-energy flow of internal organs its related emotions and to develop emotional management skills at the Qi level.

## Course Overview

### Course Description

This is the second in a three-course series on basic Qigong, which introduces methods for developing the Zang Fu related meridians. Students will learn meridian cultivation exercises and gain an experiential understanding of the functions of internal organs at the energetic level.

### Student Competencies

- Communication Skills
- Critical Thinking
- Professional Behavior

### Major Course Educational Objectives

- Understand Zang Fu theory in depth and its application in Qigong practice.
- Understand the internal organ energy pathways in Qigong practice.
- Understand the relationships between emotions and internal organs.
- Learn Yi Ren<sup>®</sup> Qigong Large Universe Exercise for nourishing, balancing and circulating the Qi of internal organs.
- Learn Yi Ren<sup>®</sup> Qigong methods for activating and cultivating six pairs of internal organ energy pathways.
- Demonstrate the Yi Ren<sup>®</sup> Qigong Large Universe Exercise and other six exercises for developing the internal energy network.

### Major Course Competencies

- Student will be able to gain experiential understanding of relationships between emotions and internal organs.
- Student will be able to demonstrate the Yi Ren<sup>®</sup> Qigong large Universe Exercise and six specific exercises for developing the awareness of internal organ energy flows.
- Student will be able to explain the Qigong theoretical basis of each exercise.

### Instructional Philosophy

Theory without experience is empty. Experience without theory is blind. The mastery of Qigong healing arts is the completion of integrating experience with theory, and the understanding of reality.

### Pre-requisite Knowledge

Yi Ren<sup>®</sup> Qigong Level I: Internal Activation

**Instructional Materials and Resources** (Recommended Texts or Study Aids)

*Yi Ren® Medical Qigong II: Energizing the Zang-Fu-Practice Guide, Guan-Cheng Sun, PhD and Jill Gonet, MFA*

**Study Strategies & Class Participation Expectations**

The ability to be successful in this class is based on regular practice of Qigong exercises in out of class time. Students are expected to practice the new Qigong exercises and study material and references presented on a weekly basis as the class progresses.

<b>WEEK</b>	<b>TOPIC</b>	<b>EXERCISE(S)</b>	<b>BRIEF OUTLINE OF CONTENT</b>
1	Introduction to the energetic functions of Zang Fu	Large Universe Exercise	Memories, emotions, and virtues of Zang Fu.
2	Activating and cultivating the liver and gall bladder energy pathways	Exercise for Energizing & Cultivating the Liver and Gallbladder Meridians.	Memories, emotions, and virtues of liver and gallbladder. Exercises for liver and gallbladder.
3	Activating and cultivating the lungs and large intestine energy pathways	Exercise for Energizing & Cultivating the Lung and Large Intestine Meridians	Memories, emotions, and virtues of lungs and large intestine. Exercises for lungs and large intestine.
4	Activating and cultivating the kidneys and bladder energy pathways	Exercise for Energizing & Cultivating the Kidney and Bladder Meridians	Memories, emotions, and virtues of kidneys and bladder. Exercises for kidneys and bladder
5	Activating and cultivating the heart and small intestine energy pathways	Exercise for Energizing & Cultivating the Heart and Small Intestine Meridians	Memories, emotions, and virtues of heart and small intestine. Exercises for heart and small intestine
6	The balance between heart and kidneys	Exercise for Balancing the Qi of the Heart and the Qi of the Kidneys	Ancient teaching on water and fire: Fire over water vs water over fire
7	Activating and cultivating the stomach and pancreas energy pathways	Exercise for Energizing and Cultivating the Stomach and Pancreas Meridians	Memories, emotions, and virtues of stomach and pancreas. Exercises for stomach and pancreas
8	The balance between liver and lungs	Exercise for Balancing the Qi of the Liver and the Qi of the Lungs	Concepts of dragon and tiger: Unique breathing exercise
9	Activating and cultivating the spleen- lymphatic and reproductive energy pathways	Exercise for Energizing and Cultivating the Reproductive Organs and the Spleen/Lymphatic System Meridians	Memories, emotions, and virtues of lymphatic and reproductive systems. Exercises for lymphatic and reproductive systems.
10	Final Week		Review.

# Yi Ren® Qigong Foundation Level III Syllabus

This course is designed to develop awareness of the internal Qi flow through the Extraordinary Meridians.

## Course Overview

### Course Description

This is the third in a three-course series on basic Yi Ren® Qigong which introduces methods for developing the extraordinary pathways. Students will gain an experiential understanding of the functions of the extraordinary energy pathways at the subtle energy level.

### Student Competencies

- Communication Skills
- Critical Thinking
- Professional Behavior

### Major Course Educational Objectives

- Understand the functions of extraordinary pathways and their application in Qigong practice.
- Understand the relationships between extraordinary pathways and the basic universal energy codes, Yijing/trigrams in Qigong practice.
- Understand the relationships between extraordinary pathways and internal organ pathways.
- Learn Yi Ren® Qigong extraordinary pathways related exercises for balancing and harmonizing the internal Qi between extraordinary pathways and internal organ pathways.
- Learn Yi Ren® Qigong methods for restoring and strengthening internal energies.
- Learn Universal Energy Codes/Trigrams Meditations
- Demonstrate the Yi Ren® Qigong extraordinary pathways related exercise and universal energy codes/trigrams meditations.

### Major Course Competencies

- Student will be able to gain experiential understanding of extraordinary pathways.
- Student will be able to demonstrate the extraordinary pathways related exercises and universal energy codes/trigrams meditations.
- Student will be able to explain the Qigong theoretical basis of each exercise.

### Instructional Philosophy

Theory without experience is empty. Experience without theory is blind. The mastery of Qigong healing arts is the completion of integrating experience with theory and the understanding of reality.

### Pre-requisite Knowledge

Yi Ren® Qigong Level II

**Instructional Materials and Resources** (Recommended Texts or Study Aids)

*Yi Ren® Qigong III: Energizing the Extraordinary Meridians Guide, Guan-Cheng Sun, PhD and Jill Gonet, MFA.*

**Study Strategies & Class Participation Expectations**

The ability to be successful in this class is based on regular practice of Qigong exercises in out of class time. Students are expected to practice the new Qigong exercises and study material and references presented on a weekly basis as the class progresses.

<b>WEEK</b>	<b>TOPIC</b>	<b>READING ASSIGNMENT</b>	<b>BRIEF OUTLINE OF CONTENT</b>
<b>1</b>	Introduction to the Extraordinary Meridians	Extraordinary Universe Exercise	The neuroendocrine system and Extraordinary Meridians Exercise
<b>2</b>	Energizing and Cultivating Chong Meridians	Exercise for Energizing & Cultivating the Chong Meridian	Chong meridians Exercise and the functions of endocrine system
<b>3</b>	Energizing and Cultivating the Yang Qiao and Yang Wei Meridians	Exercise for Energizing and Cultivating the Yang Qiao and Yang Wei Meridians	Yang Qiao and Yang Wei Exercise and self-protection and self-nourishment
<b>4</b>	Upgrading and Cultivating the Du and Ren Meridians	Exercise for Upgrading and Cultivating the Du and Ren Meridians	Du and Ren Meridians and the functions of the autonomic nervous system (review)
<b>5</b>	Energizing and Cultivating the Yang Qiao/Wei and Yin Qiao/Wei Meridians	Exercise for Energizing and Cultivating the Yang Qiao/Wei and Yin Qiao/Wei Meridians	Yang Qiao and Yin Qiao Meridians Exercise and self-protection and self-nourishment
<b>6</b>	Energizing and Cultivating the Yang Shu and Yin Shu Meridians	Exercise for Energizing and Cultivating the Yang Shu and Yin Shu Meridians	Building up the internal strength through hand yang and hand yin
<b>7</b>	Energizing and Cultivating the Belt Meridian	Exercise for Energizing and Cultivating the Belt Meridian	Belt Meridian Exercise and internal energy balance
<b>8</b>	Final Week: Review		Large Universe and Extraordinary Universe Exercises. Review.

## **Addendum 4**

### **Yi Ren® Qigong Instructor Training Objectives**

- 1.** Understand Yin/Yang theory, Zang Fu (internal Organs) theory, Five Phases Transformation Theory in depth and its application in Qigong practice.
- 2.** Understand the state of relaxation and the levels of states of the mind in Qigong practice.
- 3.** Understand and able to demonstrate and perform Yi Ren Qigong Levels 1, 2 and 3 methods and exercises.
- 4.** Understand and able to demonstrate and perform four different breathing methods for enhancing the internal Qi levels and improving the internal Qi-cultivation.
- 5.** Able to gain experiential understanding of relationships between emotions and internal organs.
- 6.** Able to gain experiential understanding of relationships between virtues and internal organs.
- 7.** Able to gain experiential understanding of relationships between virtues and spiritual growth and development.
- 8.** Able to gain experiential understanding of relationships between energy pathways and internal organs.
- 9.** Able to gain experiential understanding of relationships between extraordinary energy pathways and the basic universal energy codes, Yijing/trigrams in Qigong practice.
- 10.** Understand the unique experiential realization of internal organ meridians and the relationships between the energy pathways and biology and physiology.
- 11.** Understand the unique experiential realization of internal extraordinary meridians and the relationships between the extraordinary meridians and biology and physiology.