



Zen Wellness Medical Qigong Training Programs



**For information and application
call 623-341-3173
info@zenwellness.com
www.zenwellness.com**





The Health Care Crisis

Every single day more than 10,000 Baby Boomers will reach the age of 65. That is going to keep happening every single day for the next 19 years.

In 1950, each retiree's Social Security benefit was paid for by 16 U.S. workers.

In 2010, each retiree's Social Security benefit is paid for by approximately 3.3 U.S. workers.

By 2025, it is projected that there will be approximately two U.S. workers for each retiree.

The Average American will pay over \$270,000 in doctor co-pays in their lifetime.

67% of U.S. adults overweight or obese, adding to the health care crisis

Last year, there were 350 million visits made to MDs where as there were 420 million visits to alternative practitioners , that's 70 million MORE visits made to practitioners that prescribe no drugs

Transforming Health Care into Self Care:

Thousands of years ago, Chinese and Taoist scholars studied the human body and the way it responded to environmental influences. They discovered that when people became ill it was often due to an internal imbalance of Chi, or bio-electric energy. These doctors set out to develop a way to heal people by redirecting their body's Chi, and developed acupuncture, acupressure, and Chi Gong exercises.

These medical systems were designed to release blockages of Chi flow throughout the body, and encourage its innate ability to heal itself This system of medicine has been used effectively in China for over 5,000 years.

In China, many hospitals have policies where before a patient is even admitted, they must complete 60+ Tai Chi / Qigong lessons. Often, after the lessons have been completed, the patients no longer need the hospital's services. Medical Qigong is gaining recognition in the west as practitioners and medical professionals witness the incredible health benefits of Qigong

The Zen Wellness Master's Path programs are designed to teach the student to take their health, wellness, and inner- peace into their own hands. The training is based on over 35 years of study, and over 25-years of teaching thousands of instructors and students from all walks of life.

Lineage Holders / Certified Instructors

The goal of the Zen Wellness Medical Qigong Instructor is to teach people how to maintain a balance of life-force energy, or Qi, in order to enhance the long-term quality of life. A Zen Wellness Instructor is on the cutting edge of the health care revolution transforming "health-care" into "self-care," empowering people to achieve optimum health and to actively manage chronic conditions. A Zen Wellness Instructor teaches others while continuing their self-cultivation through continued Qigong study and practice.

As a Zen Wellness member, you join a community of like-minded individuals from all walks of life committed to personal growth, self-mastery and helping others through the time-tested art of Qigong. Our programs are recognized by Yoga Alliance, the National Qigong Association, the National Certification Commission for Acupuncture and Oriental Medicine and the United Martial Arts Association of America.



Qi Fit for Life 100 Hour Instructor Certification Correspondence Course

The Course of Study

- The Golden Qi Ball
- Healing Sounds
- Five Element Standing Practice
- Seated Eight Pieces of Brocade
- Standing Eight Pieces of Brocade
- Energetic Anatomy
 - What is Qi?
 - Yin Yang Theory
 - Five Elements
 - Twelve Meridians
 - Eight Vessels
- The Science of Teaching

Training Schedule

- 50 hours Energetic Anatomy live interactive tele-teaching
- 50 Contact hours live Qi Fit Qigong classes (on-line)
- Science of Teaching live interactive tele-teaching (optional: for certification only)
- Mid-term written and physical exam (exam given by a Certified Zen Wellness Instructor via skype)
- Final written and physical exam (exam given by a Certified Zen Wellness Instructor via skype)

Support Materials

Qi Fit for Life Home Study Kit includes:

- 3 Curriculum DVDs
- Qi Fit Home Study Workbook
- Zen Wellness Master's Path logbook
- Qi Fit Medical Qigong on-line library
- Access to student resources



Course Details

- 12 months to complete
- Weekly live video classes
- Weekly interactive tele-teaching call
- Monthly tele-teaching call (Science of Teaching)
- 100+ Contact hours total
- Meet with an instructor for your mid-terms and final exams
- Can learn at home
- All contact hours & tuition paid can be applied to the 200 Hour Medical Qigong Master's Path



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Zen Wellness Medical Qigong Restorative Program (200 Hour)

Curriculum



Course of Study

- Live Zen Wellness Training: 100 live contact hours total including 2 Zen Wellness Immersions in Phoenix, Kauai or Boston.
- 100 contact hours “on-line interactive classroom” including:
- Weekly interactive calls with Master Teacher Michael Leone (listen live or with a MP3 download)
- Weekly LIVE on line Medical Qigong Classes with certified instructors (participate live or via replay)
- Zen Business Bootcamp LIVE 2-Day Training (optional - not required to graduate)



The Golden Chi Ball

Yin-Yang theory
Creating the brass basin
Finding the three hearts
Opening the small circuit
Leading the golden chi ball

Zen Wellness Five Element Medical Chi Gong

Five element theory
Using the Zen Wellness elemental healing sounds
Zen Wellness five animal chi gong
Zen Wellness five elemental standing chi gong
The three treasures of the Tao: Jing-chi-shen

Zen Wellness Nine Gates Medical Chi Gong

What are the nine gates?
Introduction to the twelve meridians
Three hearts and nine gates medical chi gong.
Three hearts and nine gates acute medical chi gong.
Man, heaven and earth meridian breathing

Zen Wellness Eight Vessels Medical Chi Gong

Introduction to the eight vessels
Opening the eight vessels chi gong
Filling the eight vessels chi gong
Introduction to the eight trigrams
The seven dimensions of consciousness

Zen Wellness Bone Marrow Nei Gong

What is bone marrow nei gong?
Iron shirt chi gong
Introduction to Ching Chi nei gong
Bone marrow breathing nei gong
Bone tapping nei gong

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Zen Wellness Medical Qigong Restorative Program (200 Hour) (continued)

5 Element Medical Qigong Curriculum Comprehensive

The Mechanics of Mind and Body

Includes the study of QiGong as it applies to the human physical anatomy and physiology. Including body systems, joints and organs, energy anatomy and physiology, charkas, energy meridians, etc. Includes both the study of the subject and application of its principles as it applies to yoga, Tai Chi and Martial Arts.

The Science of Teaching (Lineage Holders only)

Includes training on how to teach private and group lessons in a safe and professional manner to a wide variety of age groups and abilities and how to set up your teaching business.

Practicum - 25 hours (Lineage Holders only)

Includes documented practice teaching, observing others teaching and feedback.

This course is a 200 hour program that meets or exceeds the National Qi Gong Association requirements.

Support Materials

Zen Wellness Home Study Kit
Includes:

- Secrets of Living Forever Young Medical Qigong book
- 5 Element Curriculum on 2 DVD's
- Zen Wellness Masters Apprentice Log Book
- Immediate access to the Zen Wellness Medical Qigong Library

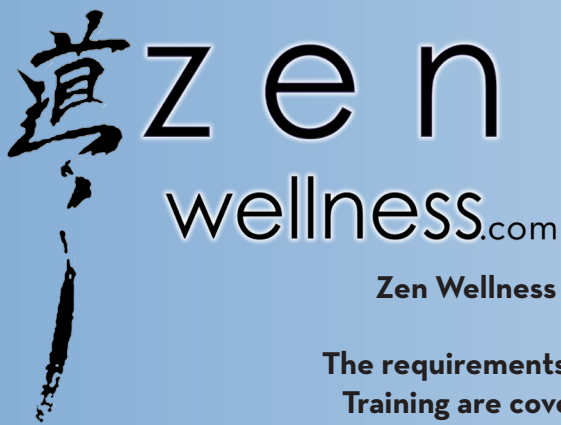
Optional: Become a Zen Wellness Lineage Holder / Instructor

- To become qualified to teach and preserve the lineage you will undergo an additional immersion.
- Complete the science of teaching.
- Complete a physical and written exam
- Log 25 practicum teaching hours
- You will be recognized as a Bronze Coin Lineage Holder.



Zen Wellness Medical Qigong Restorative Program (200hrs) credit hours apply towards your (cumulative) 500 hour Medical Qigong Masters Path / Lineage Holders Certification.

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Zen Wellness Master's Path Longevity Program (500 Hours Total)

Zen Wellness Longevity Program (300 additional hours)

The requirements for the first 200 hours of the Medical Qigong Training are covered under the Zen Wellness Medical Qigong 200-hour Restorative Program.

Curriculum

- Dao Yin Longevity Qigong
- Tai Ji 13 Moving Meditation
- 8 Taoist Palm Moving Meditation
- Tao Yi
- 5 Element Regulating Protocol
- Masters Apprentice Energetic Anatomy
- Differentiation of Syndrome Diagnostic Methods
- Teaching Advanced Programs and Training Instructors (lineage holders only)



Optional: Medical Qigong Director Lineage Holders Requirement (Silver Coin)

- Pass all required seasonal, mid term and final exams
- Pass physical exam (full Longevity and Restorative curriculum)
- Attend and assist an additional 50-hour Immersion
- Enroll, train and graduate eight students on their own 200-hour Restorative program

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The Course of Study

- Live Zen Wellness Training: 150 live contact hours total including 3 Zen Wellness Immersions in Phoenix, Kauai or Boston.
- 150 contact hours "on-line interactive classroom" including:
- Weekly interactive calls with Master Teacher Michael Leone (listen live or with a MP3 download)
- Weekly LIVE on line Medical Qigong Classes with certified instructors (participate live or via replay)



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Zen Wellness Master's Path Cultivation Program

**1000 Hours Total: 500 additional hours plus the 500
hours of the Longevity Program**

Course of Study

- Standard 108 Curriculum
- Advanced Energetic Anatomy
- Yang Style Tai Chi 108
- Chen Style 108
- Sun 8 Diagram Palm 108
- 250 live contact hours total including 5 Zen Wellness Immersions in Phoenix, Kauai or Boston.
- 250 contact hours on-line interactive classroom
- Completion of the 1000 hour Master's Path program requires self mastery in 5 systems. There is a written and physical exam.



Zen Wellness Master's Apprentice Program (1000 total Contact Hours)



- **Zen Wellness Master Teacher Requirements:**
- Mastery of 5 or more complete systems
- Graduate a minimum of 108 qualified instructors
- Publish book on topic related to your study and teaching - minimum 108 pages
- Duration: 10-18 years
- Enrollment strictly limited

Partial Curriculum List

See zenwellness.com for full list

Yang Style Tai Chi 108
Chen Style 108
Sun 8 Diagram Palm 108
Medical Qigong Instructor Training
Advanced Inner Alchemy
Zen Yoga
I Ching
Taoist Tantra
Tao Yin
Ren Wu Zhang
Zen Business Bootcamp

Eight Diagram Palm-
Baguazhang-Taoist & Circular Palms
18 Individual Forms in Line
116 Wooden Man Form
Turning Spinning Qigong
8 Animal Sun Style
9 Pillars Stepping Form
Chen Style 8 Palms
Emei Dragon Shape Bagua
Emei Swimming Dragon Bagua

I Ching Bagua
Wing Chun/Buddha Palm
Southern Boxing-Nan Chuan
Hung Family-Shaolin
5 Animal Fist Combination
108 5 Animal Fist
Fu Jow Pai (Black Tiger Claw)
Lion Fist
Northern Long Fist-Chang Chuan
Shaolin-Jing Wu-Wushu
108 Long Fist 1-10

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Zen Wellness Testimonials

My experience with Zen Wellness so far has been amazing. The teachers are knowledgeable, kind, and fun. With each of them having a different approach and style, I really feel that I am getting the most well rounded teachings/practice. I will definitely be joining Zen Wellness again for future retreats/training, this is just the beginning.



Brittany, Peterborough, ON

Inspiration led me to Zen Wellness and QiGong... and they literally saved my life. It is now February of 2013 and I just turned 55. In November of last year I began a journey that has transformed and restored me to youthful vigor.

Over the past few years time was catching up to me with health issues such as pain in both knees, lower back, abdominal area, low energy, low libido, borderline high blood pressure, and depression.

In a very short time, practicing a little at first, listening to audio files, watching videos, and participating in the weekly live call; I practiced daily whether it was 5 minutes or an hour in the morning and afternoon. I was able to return my health to what I feel is younger than age 40!



I have been working on this long distance from Kansas and this was my first opportunity to meet Master Leone, Master Campbell and their amazing staff. So if you are ready for personal transformation and restoration, contact Zen

Wellness, we will help you begin your journey.

Gilda Jacobs Kneitz, Louisburg, Kansas



I've taken the Chi Fit program with Michael Leone. I feel that it's going to be a great value to our yoga studio and a wonderful gift to our community, as well as a wonderful art form for me to practice for myself as well as even my family. I thoroughly enjoyed it. I'm going to continue learning with Michael in the future.

Grace Stevens, Taylorsville, GA

I'm out here in Hawaii, I haven't been able to touch my toes in probably 22 years. Master Campbell has been doing the water mill practice every morning and as well as all the other things on the beach, after 6 days of training, doing the water mill and other stuff, I've actually been able to touch my toes. I'm very happy with my progress.



Dale Leech, Litchfield Park, AZ

Zen Wellness helps you discover your own potential for life-long health, and happiness. You learn to manage your mind, restore and improve your body, and coexist in your own environment. The Zen Wellness classes have set me on a path to achieve my goals and truly enjoy life.



Linda Rice, Peoria, AZ

**For more student stories and testimonials,
visit www.zenwellness.com**