



9-day Level 1 Qigong Formal Study Retreat

Instructor: Dr. Liping Zhu, DAOM, L.Ac., Qigong Master

Facilitator: Philip Brown, Certified Level 1 Part I instructor

Prerequisite: Level 1 Part I – Life Preservation Qigong

QI DRAGON[®] Level 1 Qigong Formal Study Retreat Training

Come to learn and practice the full Level 1 Heavenly Essence Qigong System in a beautiful retreat setting on Sonoma Mountain!

This retreat program is perfect for you if you:

- *Need more motivation and discipline in your Qigong practice*
- *Want to widen and deepen your knowledge of Qigong*
- *Enjoy a distraction free retreat setting with the amazing support of a Group Qi Field and community*
- *Desire the in-person guidance of an experienced and dedicated teacher*
- *Are interested in learning the efficient Daoist alchemy practice of Microcosmic Orbit for life preservation and longevity*
- *Aspire to learn the powerful Te Yi Medical Qigong Qi Assessment and Qi Regulation techniques for healing*

The Level 1 Qigong Formal Study Program will be offered in a 9-day (8-nights) Retreat format. This retreat is the first Module for the Level 1 Certificate Program that covers the instructional teachings of Microcosmic Orbit Qigong and Te Yi Medical Qigong as well as some intensive practice days for the Level 1 teachings. 54 CEUs are available for the full retreat to Licensed Acupuncturists and Registered Nurses at no additional fee. You may take this training for self-healing and self-learning purposes or for professional development towards becoming a Qi Dragon[®] Certified Heavenly Essence Qigong Instructor or Te Yi Medical Qigong[®] Certified Practitioner with a more extended study available through our Certificate Programs. Our Qigong Formal Study Program is for intensive training and study purposes only and does not certify a student to teach. It is a prerequisite for taking the Level 1 Certificate Study Retreat if you want to become a Certified Instructor or Te Yi Medical Qigong Certified Practitioner.

BIO OF MAIN INSTRUCTOR

Dr. Liping Zhu, DAOM, L.Ac., Qigong Master and founder of Qi Dragon Healing Center, is a disciple and authorized instructor in both the Heavenly Essence Qigong and the Taiyi Swimming Dragon Sect lineages. Dr. Zhu received her lay ordination in the Soto Zen Buddhist tradition and became a Shuso in 2010 at the San Francisco Zen Center. Her extensive studies in Qigong, Taichi, Zen and Traditional Chinese Medicine make her a unique teacher. She has been teaching Qigong and Taichi and practicing acupuncture, herbal medicine and Te Yi Medical Qigong[®] for more than 20 years.

Dr. Zhu is a Professor of Qigong at the American College of Traditional Chinese Medicine and a faculty member of San Francisco State University. As a native of China who is fluent in English and deeply immersed in both cultures, she makes Qigong, this ancient Chinese healing art and spiritual path, very accessible to the Western world.

To achieve the best training results, Qi Dragon's Level 1 Qigong Formal Study Program Immersion Retreat training includes the formal instructional retreat and the intensive practice days with 5 monthly (May – September) two-hour webinar Q&A and Practice sessions as a follow up study for the retreat students.

2018 Level 1 Qigong Formal Study Program (Residential Retreat)

(April 21-29, 2018)

(Dates, location and contents are subject to change)

Prerequisite: Formal Study Program Level 1 Part I – Life Preservation Qigong

(Please check online for the prerequisite course dates)

Location: Sonoma Mountain Zen Center @ 6367 Sonoma Mountain Rd, Santa Rosa, CA

Come to enjoy this most healing and life-changing Qigong retreat training in the beautiful nature of Sonoma Mountain!!

Retreat Schedule: Arriving Saturday, April 21, at 2pm; First session at 4:00pm, dinner at 6pm. Departing after lunch on the last day Sunday, April 29.

Daily Schedule: 5:30am – 9:30pm (see details online)

Level 1 Qigong Formal Study Retreat (Saturday – Sunday, 9 days, 8 nights)

Contents: Heavenly Essence Qigong Level 1 Formal Study – Instructional Courses (Total 22 Practices)

Study and intensive practice of Heavenly Essence Qigong Level 1 Part I, II, III
Instructional course of Level 1 Part II: Accelerated Microcosmic Orbit Qigong Method
Instructional course of Level 1 Part III: Te Yi Medical Qigong
Qigong Intensive Days for Part I, II and III
One Qigong Silent Intensive Day

Cost: \$2600 (including lodging fee, tuition fee and follow up 5 monthly two-hour webinar Q&A Practice Sessions)

Registration: \$950 deposit due with registration. Final deadline is March 15, 2018.

(details on the registration form and online)

Note to Retakers

Certificate Program alumni may retake the Certificate Program by paying 60% of the tuition fee and full lodging fee if space is available. Registration for retakers starts at the beginning of February 1, 2018.

Program Main Instructor: Dr. Liping Zhu -- 415-828-2699 -- liping@qidragon.com

Program Facilitator and Assistant Instructor: Philip Brown -- 415-750-1885 -- philip.qidragon@gmail.com.
Once you have been accepted into this program, please direct all your administrative questions and communications to your Facilitator cc to liping@qidragon.com.

Level 1 Formal Study Residential Retreat Daily Schedule

(This is subject to change)

5:30am	Getting Up (Silent)
6:00am-6:45am	Meditation (Silent)
7:00am	Breakfast
8:30am-9am	Walking Gong (Silent)
9am – 11:45am	Morning Study Session
12:00-1:00pm	Lunch
1:30-2:30pm	Sleeping Qigong
3:00pm-5:00pm	Afternoon Study Session
6pm	Dinner
8:00-9:00pm	Evening Meditation and Group Qi Healing
9:30pm	Lights Out

Level 1 Formal Study Retreat Syllabus (Prerequisite: Formal Study Level 1 Part I - Life Preservation Qigong) (April 21-29, 2018)

- Day 1: Arrival & Orientation & Practice
- Day 2: Qigong Intensive Practice Day for Level 1 Part I Life Preservation Qigong*
- Day 3&4: Qigong Formal Study of Level 1 Part II Microcosmic Orbit Qigong (Instructional Course)*
- Day 5: Qigong Silent Practice Day for Level 1 Part II
- Day 6&7: Qigong Formal Study of Level 1 Part III Te Yi Medical Qigong (Instructional Course)*
- Day 8: Qigong Intensive Day for Te Yi Medical Qigong*
- Day 9: Departure after lunch no later than 3pm

*Formal Study Course 9-5pm is open to Formal Study non-residential students if space is available.

Qi Dragon® 2018 Level 1 Qigong Formal Study Program Policy

Attendance Policy

Students are required to attend the full program to fulfill the hour requirement for the program. Arriving late or no show or departing early doesn't meet the time requirement for the training. **Students must notify both the Program Facilitator and Teacher in writing in advance of any planned absences.** There will be no reimbursement or partial tuition for any partial participation or missed classes.

Use of Audio Recording for Make-up:

There is no audio make-up available for this retreat training.

Lodging Policy

This facility has clean and quiet shared room occupancy in a yurt (sharing a beautiful bathhouse). There are some tenting spots available if you prefer to camp (same lodging fee). Rooms are assigned in the order that your application is received with consideration of shared roommates for male and female. We support students to share rides and will try to coordinate as much as possible; ultimately you are responsible for your transportation. SMZC does provide a shuttle service for an additional fee paid by you if you need to be picked up from the Santa Rosa meeting point if you come in from the airport.

Payment and Refund Policy

- 1) **Late Payment Policy:** A late fee of **\$50** will be charged if payments are not received by each of the due dates. A fee of \$30 will be charged for any returned checks in addition to the \$50 late fee. Any payment that is more than one month late will be charged an additional \$50 for every additional 30 days. More than two delinquent payments will result in dismissal from the program. If you have made a special payment arrangement, the installment payment plan and the late payment policy applies if you are not keeping to your agreed payment schedule.
- 2) **Refund Policy:** By being accepted to this program, the student has committed to the full program. There is no refund or credit for missed classes or partial participation. The deposit fee is not refundable for any reason once you are accepted into the program but will be refunded in full if the program is cancelled or if your application is not accepted. If you need to withdraw from the Program for any reason more than 60 days prior to the retreat, your paid tuition amount minus the deposit is refundable as well as your lodging fee. If you withdraw from the program for any reason less than 45 days but more than 30 days of the retreat, your deposit and your lodging fee are not refundable but any remaining paid tuition fee can be refunded. If withdrawal is made within 30 days of the retreat there will be no refund or credit for the lodging fee and deposit, but any paid remaining tuition fee can be used as a credit towards a future Qi Dragon facilitated event. In all cases, a written notice of withdrawal needs to be submitted and received. If, after withdrawing from the program, you wish to attend any future same program, you will have to reapply and register for the entire program as a new applicant.
- 3) **Credit Card Charges:** Check or cash payment is preferred for your payment though credit card payment is an option. If you prefer to pay with your credit card, an additional 3% credit card fee applies. You may provide us a valid credit card to be kept on file for future authorized credit card payments or you can request us to send you an online invoice for you to pay with your credit card. A Paypal button is available online for your convenience. A late fee of \$50 will be charged for failed credit card charges if the payment is past due. You must report to Qi Dragon Office any changes to name, address or credit card information to avoid any late fee charges due to a failed credit card charge. If any legal action, including any collection procedure is necessary to enforce or collect past dues or any other obligations for non-payment, Qi Dragon shall be entitled to entry of judgment against you for the balance owing Qi Dragon as well as reasonable Attorney's fees and costs.

Disclaimer: Te Yi Medical Qigong® is a registered trademark of Qi Dragon Healing Center. All students who have taken the Formal Study Level 1 Part III Te Yi Medical Qigong automatically become Te Yi Medical Qigong® Student Practitioners (TYSP). As a Te Yi Medical Qigong® Student Practitioner, we ask you to give Te Yi treatments for free or by donation and can only advertise yourself as “Te Yi Medical Qigong® Student” or “Te Yi Medical Qigong® Student Practitioner”. To list and advertise yourself as a Te Yi Medical Qigong® Practitioner or Certified Practitioner and charge a fee for the Te Yi Medical Qigong® treatments, you must have taken the Te Yi Medical Qigong® Certification Course and have fulfilled the course requirement and received the Te Yi Medical Qigong Certified Practitioner certificate.

Qi Dragon® 2018 Level 1 Qigong Formal Study Retreat Application Form

Prerequisite: Formal Study Program Level 1 Part I - Life Preservation Qigong

Heavenly Essence Qigong Goals to Benefit the World

Bring Health to the World
Bring Hope to the World
Bring Joy to the World
Bring Strength to the World

Legal Name _____ DOB ____/____/____ Sex: M/F/T
(month,day,year)

Address _____
(Street number) (City, state, country)

Mobile Phone _____ Home Phone _____ Work Phone _____

Email (PRINT) _____

Occupation: _____ Employer's Phone _____

How did you hear about our Program? _____

Have you taken Heavenly Essence Qigong Formal Study Courses with Qi Dragon before?

___ Yes, I have completed Qi Dragon's prerequisite course Level 1 Part I Weekend with _____ (instructor's name)
___ No, but I have registered for a Qi Dragon's Level 1 Part 1 course on _____ (date of course) before the first retreat starts.
___ Yes, I also have taken Qi Dragon's Formal Study Workshops Level 1 Part II _____ Level 1 Part III _____ (each completed course will receive one \$100 credit for retaking)

Are you currently practicing any other style of Qigong?

Yes ___ No ___ If Yes, what style of Qigong? _____ From whom? _____ For how long? _____

Please check payment method and payment option below:

Level 1 Formal Study Retreat Total cost: (includes tuition, lodging fee and 5 follow up webinars)

Payment Method: Pay by Check or cash _____; Pay by credit card with an online invoice _____ (additional 3% cc fee applies)

Payment Option 1: ___ \$2500 One-payment Plan by December 30, 2017 which includes the \$900 non-refundable deposit & a \$100 discount

Payment Option 2: Non-refundable Deposit: ___ \$950 due with application. Final deadline for late registration is March 15, 2018.

& Full Payment Plan: ___ \$1700 (due by Feb 1, 2018, Late fee \$50 applies after Feb 1, 2018)

Payment Option 3: Non-refundable Deposit: ___ \$950 due with application. Final deadline for late registration is March 15, 2018.

& Installment Payment Plan: ___ \$475 by Feb 1, ___ \$475 by April 1, ___ \$475 by June 1, ___ \$475 September 1, 2018
(additional fee \$50 per quarterly installment payment is included; late fee applies after each due date)

Please provide the following information: (We will try to inform SMZC, but please know SMZC requests self care for any food allergies.)

I have food allergies to: dairy _____ nuts _____ wheat _____ garlic _____ or others (please list): _____

I will be driving and I am leaving from the city of _____ and I can give rides to #people _____

I don't drive and I would like a ride from _____ or I will arrange myself a ride _____

I can either drive or ride with someone if needed _____ I plan to arrange for a shuttle service with SMZC myself _____

I am going to camp for the retreat: Yes _____ No _____ (you are responsible for finding your own camping spot.)

Upon receiving your application, our instructor or facilitator will review your application before sending you a formal acceptance letter.

Emergency Contact: Name _____ Relationship _____

Phone _____ Email Address _____

Tell us about you:

Do you have high blood pressure? No ___ Yes ___, if yes, my blood pressure is: _____ (with / without medication (circle one)).

Do you have severe heart disease? No ___ Yes ___, If Yes, please describe:

Do you have any contagious diseases? No ___ Yes ___, If Yes, please describe:

Do you or your family have/had any mental illnesses such as psychosis, bipolar, schizophrenia? No ___ Yes ___, If Yes, please describe:
Please list any other diagnosed diseases:

Are you self sufficient physically in a retreat setting? No _____ Yes _____ Do you need wheel-chair access? No _____ Yes _____

Are you pregnant or plan to be pregnant during the course? No ___ Yes ___ (There will be limitations on certain moving exercises for that.)

Are you using drugs/alcohol? No ___ Yes ___, If Yes, please describe:

Are you taking medications? No ___ Yes ___, If Yes, please describe the kind and what it is for:

Are you taking this program for self-healing and learning _____ or for professional development _____ or for both _____?

What are you most passionate about in life? _____

What is your current exercise regimen? _____

Are you involved in any spiritual community? _____ For how long? _____

Do you meditate daily? _____ What style? _____ What is your comfortable time length of meditation? _____

Do you have a service animal certified by ADA regulation that is coming along? No _____ Yes _____ (Please know that no animals are allowed at the retreats except the service animals that are certified under ADA regulations. This retreat is currently wheelchair inaccessible. Student is required to be physically self-sufficient and mentally stable for this kind of training.)

Checklist:

Use this checklist to confirm that each required item has been sent to Qi Dragon by the deadline. All documents become the property of the Qi Dragon Healing Center. Please submit a completed Application Package for consideration of admission to the Certificate Program including:

- * The Application form signed and dated (please make a copy of this document for yourself)
 - * Full Payment or Non-refundable Deposit fee of \$950 due with application (by cash or check payable to Qi Dragon)
- (Or check the payment option of credit card payment if requesting an online invoice sent to you)

Any of the above materials missing from the application package will delay the processing of your application and may result in a late fee if they are not received by the due day. **Space is limited to 18 students and requires a minimum of 10; please reserve your spot right away!!**

Please email application form to office@qidragon.com or mail or deliver all application materials to:

**Qi Dragon Healing Center
Dr. Liping Zhu
275 20th Avenue; San Francisco, CA 94121**

I certify that the information supplied by me on this application is true and correct to the best of my knowledge. If any of the information on this application changes between now and my enrollment in this Qigong program, I will immediately notify the Qi Dragon office in writing. I am responsible for evaluating my physical and mental health condition with my physician for my suitability for this program. I understand that the lodging is a shared lodging and will be assigned generally by Qi Dragon in the order of the applications are received. The lodging fee may change if the venue used changes. I understand the meals served will be very healthy vegetarian and not all food allergies can be fully accommodated. I understand that Qi Dragon will try to organize rides if there is a need. I understand I am ultimately responsible for arranging my own transportation to the retreat. I understand that Qi Dragon may tape or videotape or photograph the classes of this program for educational and promotional purposes and all my homework and paper submitted for this program will be Qi Dragon's property. I understand that Qi Dragon will share my email addresses with other Qi Dragon Qigong students for the convenience of communication when needed. I understand that the deposit is not refundable once I have been formally accepted into the program. Qi Dragon will refund the full deposit if the program is cancelled or if my application is not accepted. I understand that Qi Dragon Healing Center reserves the right, without notice, to change the time and location arrangement or content of the courses and the instructional materials used; to refuse admission or readmission to any students at any time; or to dismiss any students at any time. I also certify that I have read the program details and policies both online and in the Application Form and understood and agreed to their terms. I understand the meditative nature of this retreat training and that no children or animals are allowed at this retreat except certified service animals specified by ADA law.

Signature _____ Date _____

For Qi Dragon Office Use Only			
_____ Date Application Received _____	_____ Deposit Received _____	_____ Acceptance Email sent _____	
_____ One Payment Plan by Dec 30 _____	_____ Full Payment Plan _____	_____ Installment Payment Plan _____	
_____ 1 st Installment \$475 _____	_____ 2 nd Installment \$475 _____	_____ 3 rd Installment \$475 _____	_____ 4 th Installment \$475 _____

Qi Dragon® Life Preservation & Dao Cultivation Training Programs taught by Master Liping Zhu are the result of her dedicated study and teaching of multiple lineages for over two decades. This is what makes Qi Dragon® Qigong Programs unique and comprehensive in its approach to healing, spiritual cultivation and self-development. Don't miss this rare opportunity of learning Qigong in depth from an authentic lineage!!

Testimonials

“After practicing Heavenly Essence Qigong regularly over the course of my Level 1 training, I feel happier, more grounded, like I have more energy, and a deeper sense of self. I has been a fabulous experience, which I highly recommend to anyone looking to improve their health, quality of life, and, dare I say, world at large.”

—Caleb G, professional gardener

“This program has been excellent not only just for the practice but for having people with whom I can actually work with. We are all focusing as much as we can on this practice, watching each other grow, and helping each other filling in the blank spots in our understanding... just having a community.”

—Darren H, computer programmer

“It is such a rare opportunity in life to come across a teacher like Liping. She is so inspiring and amazing in so many ways and really loves this practice. Liping keeps us all motivated. It is such a special opportunity to be able to study under someone like her. Heavenly Essence Qi Gong is a really amazing practice and I am so thankful that she has created the certificate program to allow all of us to deepen our study and heal friends, our family and ourselves. I am very grateful for this.”

—Maya M, licensed acupuncturist

“It has been a wonderful program for me and if you have a Qi Gong practice already and are interested to deepen it more, I would strongly encourage you to join this program. If you are novice to Qi Gong and are interested in it and are willing to make the kind commitment it requires, I think it is a great program. We have a wonderful wonderful teacher. I am extremely thankful and have a lot of gratitude for Liping for bringing this style here, for translating all the work that she has done with the students, and with all the materials she provides. It is a fantastic program. I can't speak highly enough about it. I would strongly encourage to do it if it is something you are interested in.”

—Andy L, licensed acupuncturist

“... as a cancer survivor in my late teens, followed by clinical depression in my 20s and 30s, I have always searched for some kind of practice that would make my life a little better. After I moved to the US and met Liping, I learned a great deal about myself and about how I could grow spiritually. Thanks to the certificate program now I have tools that I can use to help others the same way they help me to recover. For that I am very grateful. Thank you Liping.”

—Valerie B, accounting professional

“Being in this program for me was like opening a different and exciting world and, so far, I can say that it brought me more discipline in my life and I was able to create an almost regular practice. It made me appreciate what a good teacher Liping is. So it is really great and I am thankful.”

—Marie H, Yoga teacher