



QiRecovery™

The Qigong Recovery Program

The practice of Qigong is to revitalize, invigorate, and cultivate Qi, the body's life force energy.

Dating back centuries ago monks created Qigong exercises to work out the stiffness in their bodies due to hours of sitting in meditation postures. Moving meditations along with breathing techniques were refined and perfected over the course of millennium passed on to only selected students who dedicated their lives to these meditative arts.

Today scientific studies recognize the health benefits of Qigong practices. Research continues to look into the human potential applications. Students and adults have reported improved study habits, better focus, reduced anxiety, and relief from depression.

Qigong I-Chuan

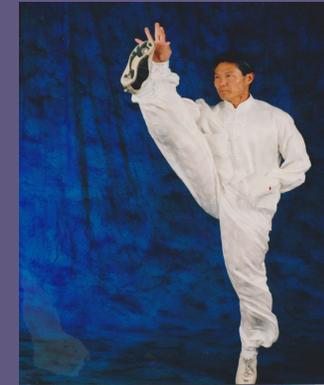


Qigong, which means the "art of nourishing life", is an ancient Chinese practice that includes meditation, calisthenics, deep breathing, stress reduction, and more. Rooted in ancient Chinese medicine, martial arts, and philosophy, it is embraced by Western medicine as a means of self-healing and disease prevention, and recognized in the medical world as an intervention to overcome substance abuse and addictions.

I-Chuan is a legendary and potent Qigong style. It is characterized by eight distinct postures. I-Chuan is used as a complement in many alternative-healing arts where thousands of Qigong practitioners experience a peace of mind, increased energy, and mental sharpness.

Instructor
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Tai Chi Chuan Guang Ping Yang Tai Chi



The great Tai Chi Master, Yang Lu-Chan, founded Guang Ping Yang Tai Chi (GPYTC). This unique tai chi system has been passed down from several venerable masters to the 5th generation lineage holder, Grandmaster Henry Look.

Dr. Randy Sugawara is certified to pass the Guang Ping Yang Tai Chi system to the next generation of students.

Tai Chi strives to balance the three treasures, Jing, which is the body, Qi, which is the vital energy, and Shen, which is the human spirit.

Five Virtues

Responsibility

As parents we want to instill in our children the lessons of cleaning up after making a mess. Adults invariably still mess up; therefore, the good lessons are worthy of continuous practice

Respect

Respecting the value and worthiness of the other ultimately gives rise to self-respect

Honesty

Big lies start with delicate fibs, thus being honest begins with considerable truths

Patience

Practicing patience is like a muscle that gets stronger with more patient practice

Humility

Whether one is bigger, stronger, prettier, or smarter, an overblown balloon soon collapses from too much hot air



QiRecovery Program and Class Curriculum

Breathe Health Center
46 Shattuck Square, Berkeley, Ca 94710
510.525.9900

QiRecovery Class Curriculum

Five essentials

The *Five Essentials* first teach the student the foundation of qigong practices. Breath control is the first essential to minimize physical tension and reduce stress. Then unique visualizations are taught to properly align the body's structure that expands a discrete sense of rooting and grounding to earth. Taoist exercises are taught to help detoxify the body of stuck energies. The fifth essential is acquiring soft qi energy that can be applied in a variety of healing modalities.

Standing in the Void

A primary benefit of the standing meditation is to attain the state of Wuji - the beginning of the beginning. This is a state of emptiness, a "letting go", "emptying the mind", and being in silence. Learn 3 Distinct Wuji methods.

Silk Reeling

A signature concept in Tai Chi practices is to attain a state of fluid movements, coordinated with breathing to create a state of moving meditation. Students learn how to begin with simple flowing patterns then add deeper spiraling figure eights. This routine teaches the spiral energies applied in the Tai Chi forms.

Awareness & the Tai Chi Mind

As the student begins to feel their Qi moving and expanding the teacher and student will do a series of feedback postures that inform the student where their Qi may be open and flowing and where it has been restricted. These exercises help the student to discern whether the disruptions are from the anatomy or from the mind. Additionally, lessons are helpful to see how one applies the Tai Chi principles in day-day situations of her/his life.

