

The Irish College of Traditional Chinese Medicine (ICTCM) was founded in 1983. Since then it has been successfully running undergraduate level training in Acupuncture-Moxibustion and Traditional Chinese Medicine (TCM), and post-graduate level training in Chinese Herbal Medicine in Dublin, Ireland.

Since 2002 it has been offering short workshops, under the guidance and advice of Qigong Masters Professor Song Xinhong and the late Professor Xia Shuangquan of Guangzhou, China in:

Health-Promoting Qigong

Since 2007, we have been running post-graduate level training in Qigong (for TCM professionals) and have also expanded the range of Qigong workshops and courses that are made available to members of the public.

These programmes include:

- ☯ Weekend Workshops in Health-promoting Qigong
- ☯ A one year part-time, weekends only, course in Qigong – the Certificate in Qigong



WHAT IS HEALTH-PROMOTING QIGONG?

Qigong (pronounced chee gung) is an ancient system of health promotion and health maintenance which has been in existence for thousands of years. Its origins in China spread back to the beginnings of history before written records were invented.

It is at once one of the most ancient and wonderful forms of meditative exercise known to man. Qigong in its original form helps to get rid of stress, tension, anxiety and fearfulness. It replaces these with a sense of ease, relaxation, confidence and self assurance.

It is a harmonious blend of meditative and movement-based practice that is open to all ages alike. At the introductory level it includes simple physical exercises, basic breathing exercises and meditative practices to calm the mind and spirit.

WHO CAN PRACTICE HEALTH-PROMOTING QIGONG?

The weekend courses are suitable for all adults.

This includes those who are

- physically fit and in prime health
- generally healthy but under stress
- hoping and wishing to improve and enhance their health, fitness and mental/emotional well-being
- wishing to supplement/support treatment they are currently receiving

No prior knowledge of Qigong, Chinese Medicine, Fitness Exercise, Martial Arts or meditation is required.

Everyone can gain benefit from it and can progress to a stage that is suitable for them.

WHAT ARE THE BENEFITS OF LEARNING AND DOING QIGONG?

Qigong is uniquely empowering on all levels and provides benefits

- ☯ physically, by strengthening and toning the body
- ☯ psychologically, by stabilising and calming the emotions
- ☯ mentally, by clearing and sharpening the mind and
- ☯ on a higher plain, by expanding one's deeper insights and capabilities, bringing one, step by step closer in awareness to one's original, primordial state.

It enables you to be more relaxed, calm and integrated and more fulfilled on all levels.

With regular practice the body becomes stronger, more supple and better balanced and the mind and emotions are calmer yet more "switched-on". In this way, one is better able to resist illness and to fight disease.

Moreover, it is safe. It is effective. It is easy to learn and easy to do. And most of all, it is enjoyable.

In a word, Qigong is a remarkable treasure from ancient China that is now made available to modern people who wish to expand their health,

increase their sense of purpose and boost their inner resources to more effectively, calmly and enjoyably meet the many challenges of everyday living in the contemporary world.

WORKSHOPS AND COURSES

The following weekend workshops are run regularly, usually 2 or 3 times each year:

Introduction to Health-Promoting Qigong:

☯ Weekend Introductory Workshops:-

A two day introduction to Health-promoting Qigong. For those who have not done any previous Qigong workshops with us before.

Further Skills in Health-promoting Qigong:-

☯ **Further Skills 1** – a weekend workshop for those who have completed the two introductory days.

☯ **Further Skills 2** – a weekend workshop for those who have completed the Further Skills 1 weekend.

WHAT DO I NEED TO BRING WITH ME?

No special clothes or equipment is required. Loose fitting clothes and flat shoes are most comfortable. You are welcome to take notes if you wish, and comprehensive handouts are provided for the introductory workshops.



DATES, TIMES AND COSTS

Full details of these can be found on the accompanying sheet, which also includes a booking slip.

APPLICATION

To apply for a place, complete and return the tear off slip on the accompanying sheet and return it to us or email or phone us.

To confirm your booking full payment should normally be made no later than one week before the course begins.

The workshop days are very popular and fill up quickly, so, if you would like to take part please send us your fee and booking form now.

WHERE ARE THE COURSES HELD?

They are usually held at the Irish College of TCM, in Dublin. There is free on-street parking. The college is 2 minutes by car from the O2, near the East Link Bridge and the Port Tunnel, and a 15 minute drive from the airport.

Address:

The Irish College of TCM (ICTCM)
ICTCM House
Merchants Road (off East Wall Road)
Dublin 3, Ireland.

Telephone:

01 855 9000 or 087 955 2139

Website: www.ictcm.ie

Email: info@ictcm.ie

Workshops and Short Courses in Health-promoting Qigong

2014



This leaflet includes details of our workshops and short courses in **Health-promoting Qigong** which are run in Dublin, Ireland.

These include:

- ☯ Weekend Workshops in Health-promoting Qigong
- ☯ Short Courses in Health-promoting Qigong

The Irish College of
Traditional Chinese Medicine
(ICTCM)