



## Qigong Training Program Offered at Last!

### Qigong course dates:

2 Weeklong Retreats +  
Distance training

#### **WEEK 1** (introduction)

- Mar 13 - 21

#### **Distance Portion**

- March to June
- Primarily self-paced
- Includes *videos*,  
*interactive coursework*,  
and *personal practice*

#### **WEEK 2** (completion)

- Jun 19 - 27

*Held in the beautiful  
mountains above  
Los Gatos, CA*

#### **Cost:**

\$3800 – Early Bird\*  
(regularly \$4150)  
-Includes room and board-

#### **Or GET BOTH courses (qigong & taiji) for only**

\$5400 – Early Bird\*  
(regularly \$5750)  
-Includes room and board-

Registration is easy!

ONLINE at:

<http://trilokayoga.com/classes.html>

EMAIL:

[admin@trilokayoga.com](mailto:admin@trilokayoga.com)

PHONE:

(408) 250-1849

\*To receive the Early Bird discount  
you must register before Jan 15, 2015



This course, the first in a newly redesigned *qigong* training curriculum, teaches you the theory and the practice of *qigong* for self-healing (medical *qigong*), Daoist yoga, and how to develop and use energy to heal yourself and others. Over a period of eleven weekends (200 hours), you will learn how to use qigong exercises to cleanse, nourish, and harmonize your body's internal organs and energetic systems as well as when and how to apply them.

In addition to your diploma from Triloka, as a graduate of the 200 hour (and later 500) hour curriculums you qualify for certification with the NQA (National Qigong Association). If you are interested in finding out more, attend one of the upcoming free introductions.

- *Qigong* healing exercises have been practiced for over 5000 years throughout Asia.
- Practitioners of *taiji* and *qigong* report improvements in flexibility, endurance, vitality, and the alleviation of chronic health complaints.
- This 200 hour course covers all aspects of medical *qigong* training, including: self-healing, Daoist yoga, feeling and developing energy, internal alchemy, and more!
- Triloka's carefully designed *qigong* training modules ensure that graduates have the ability to create a personal and professional practice based on the solid foundation of Chinese medicine.

#### **About Triloka:**

At Triloka, we delve deep into the practices and human development systems of India, Tibet, and East Asia, identify their unique cultural and religious histories, and clarify their moving parts. We learn that there is a core curriculum common to these related systems, and that this curriculum is most easily accessed in an experiential and straightforward manner. We honor the roots and branches of these traditions while making the entire spectrum of training available to people of all backgrounds and religions. If you desire to discover your hidden potentials, become more of yourself, and to be empowered to take responsibility for your own path in the 21st century, then Triloka is designed specifically for you. To see more visit:

[www.trilokayoga.com](http://www.trilokayoga.com)