

**COURSE DESCRIPTION**

Jade Woman Qi Gong is a beautiful and flowing form of movement therapy that address the special needs of women's physical and emotional health. By targeting specific acupuncture meridians related to the purification and strengthening of the blood supply. Jade Woman Qi Gong is especially effective in treating gynecological conditions from menstruation to fertility to menopause. Although designed for women, Jade Woman Qi Gong can benefit anyone who suffers from circulation problems, seeks enhanced energy and is interested in learning about and/or treating women's health conditions.

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**LEARNING OBJECTIVES**

This course is designed to prepare students to understand that the phases of a woman's life require a plentiful supply of blood to assure normal gynecological function. At the end of the class, the students will be able to practice this specific Qigong designed for women to purify their blood and increase their blood supply. Also, the students will be able to utilize some movements to treat female patients.

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**COURSE PREREQUISITIES**

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**REQUIRED TEXTS**

Handout of Jade Woman Qi Gong, Dr. Helena Zhang

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**RECOMMENDED TEXTS**

None

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**COURSE REQUIREMENTS**

40% Discussion and feedback  
50% Final Practice

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**GRADING SCALE:** 100-90% A, 89-80% B, 79-70% C, 69% and below F

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**SPECIAL NOTES**

To pass this course, students must have full and prompt attendance.  
Please dress comfortably in breathable and loose clothing  
Please bring a yoga mat or towel to sit on, and a pillow for comfort  
Students may want to bring a shawl/ scarf to keep warm  
Please be prepared to help set up the room before or after class time.  
Also, please turn your cell phones off during class.

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**CLASS ONE** (The syllabus is subject to change at the discretion of the instructor.)

- Introduction to Jade Woman Qi Gong
  - Theory of Sea of Blood – Chong Mai and Woman's wellbeing
  - Warm up exercises (Self-message combined with specific breathing techniques)
  - First movement: Opening of the Jade Woman's Body
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**CLASS TWO**

- Warm up exercises (Self-message combined with specific breathing techniques)
  - Second Movements: Goddess Spreading Heavenly Flowers
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CLASS THREE

- Study of Liver Qi Stagnation
- Warm up exercises (Self-message combined with specific breathing techniques)
- Movements: Repeating of 1st and 2nd movements

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CLASS FOUR

- Study of 7 Emotions
- Warm up exercises (Self-message combined with specific breathing techniques)
- Third Movements: Pheonix Spreading Wings

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CLASS FIVE

- Study of 3 Dan Tians
- Warm up exercises (Self-message combined with specific breathing techniques)
- Movements: Repeating of 1-3 movements

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CLASS SIX

- Study: A Happy and Fulfilled Woman
- Warm up exercises (Self-message combined with specific breathing techniques)
- Forth Movement: Jade Snake Dancing

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CLASS SEVEN

- Importance of parasympathetic activation for homeostasis balancing and general health of a woman.
- Warm up exercises (Self-message combined with specific breathing techniques)
- Fifth Movements: Cleansing the Jade Body

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CLASS EIGHT

- Warm up exercises (Self-message combined with specific breathing techniques)
- Movements: 1-5 movements

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CLASS NINE

- Warm up exercises (Self-message combined with specific breathing techniques)
- Sixth Movement: Cleansing and Filling the Body with Pure Qi

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CLASS TEN

- Warm up exercises (Self-message combined with specific breathing techniques)
- Seventh Movement: Goddess Flying to the Moon
- Review of entire form and movements

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CLASS ELEVEN

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REFERENCE MATERIAL

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FACULTY INFO

Zhang, Helena

Please check with instructor during class to get updated contact info.

310.422.9768

contact@goldenseedgoldentree.com

Course Code **EL255**

**2 Units**

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JADE WOMAN QI GONG**

**Zhang, Helena**  
*Winter 2018*

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