

SUMMER 2022 OPENING SERIES CLASSES

Distance Education for non-matriculated students

Opening Series is a selection of 11-week courses that provide an introduction to basic concepts in Traditional Asian Medicine.

These classes are an integral component of Emperor's College master's degree program and academic units are awarded for each class. All courses will be offered live, via video-conference except for the ones marked "in person".

Students must have a minimum of 60 semester units (90 quarter units) of undergraduate coursework to enroll. Cost: \$224 per unit plus \$45.00 non-refundable registration fee. Register early as classes fill up. Schedule is subject to revision. 11 Week Spring

Quarter Begins **Monday, June 27th, 2022**

www.emperors.edu/opening-series

Contact admissions@emperors.edu or (310) 469-1615 for more information

Tai Chi – Sun Style

OM353 (2 Units)

Tues 7 am – 9am (PST)

IN PERSON*

Sun style tai chi is considered a "combination style" tai chi, incorporating movements from Hao style tai chi and other forms of internal martial arts, namely Ba Gua and Hsing-Si. Sun style is best known for its smooth, flowing movements and gentle postures. Its high stances make it very suitable for those looking for health benefits and a practice that is easy to incorporate into daily life. In this class, students gain understanding of the history and theory of Sun style tai chi through basic principles, breathing techniques, movements, and centering postures.

***This class will be held in person, at Douglas Park in Santa Monica.**

Introduction to Herbal Medicine

HB300 (2 Units)

Tues 12:30 pm -2:30 pm
(PST)

Learn major herb groups, Chinese botanical nomenclature and an understanding of important herbs from the pharmacopoeia including individual properties such as flavor, entering meridians, functions and medicinal uses. Core class and prerequisite for many other classes in the MTOM program.

Fundamentals of OM

OM315 (4 Units)

Tues 5:30 pm -9:30pm
(PST)

This class provides the groundwork of basic principles and theories of TCM including Yin-Yang Theory, Five Elements, Eight Principles, Etiology, Qi, Blood, Body Fluids, Zang-Fu and other paradigms. It also establishes a solid foundation for all future studies in Acupuncture and Herbal Medicine. Core class and prerequisite for many other classes in the MTOM program.

Medical Qi Gong

OM351 (2 units)

Wed 7 am-9 am (PST)

IN PERSON*

Students practice breathing, posture, relaxation, energy movement and mind-regulating techniques that empower a direct experience of Qi with the ability to direct it therapeutically.

***This class will be held in person, at Douglas Park in Santa Monica.**

East/West Spices and Herbs

EL536 (3 Units)

Wed 6pm-9pm (PST)

Learn how to choose specific herbs, teas, spices, and foods for the treatment of organ system diseases, imbalances, and psychological conditions. Get an introduction to principles and theories of Western herbology, including adaptogens and tonifications. Dive into scientific data and present research on Western herbal medicines.

Tai Chi II – Yang Style

OM350 (2 units)

Thu 3 pm- 5 pm (PST)

IN PERSON*

Building on the introductory Yang style class, Tai Chi II-Yang Style further focuses on the history, theory and practice of tai chi chuan and will complete the classical Yang style long form set.

***This class will be held in person, at Douglas Park in Santa Monica.**

Mind Body Medicine

EL866 (2 Units)

Thu 6pm-8pm (PST)

This class focuses on using all aspects of the human experience—physical, emotional, behavioral, cultural, sensorial, mental—in order to achieve long-lasting balance on all levels. It investigates the effects of different ways of thinking, the impact of stress factors and conditioning, and their relation to the immune system and the imbalance of the body and disease. Students will learn about and explore many age-old tools which have been used in various traditions to promote health on a holistic level: yoga, tai chi, meditation, chanting, relaxation, hypnosis, visual imagery, biofeedback, cognitive-behavioral therapies, and modern scientific research explaining the biochemical mechanisms behind these ancient modalities.

Opening Series Policies

Introduction: Opening Series students are limited to Opening Series classes only. There is no minimum or maximum number of credit units Opening Series students may take. Academic credit is awarded for all classes which is fully transferable into the master's degree program.

Procedure:

1. Review the schedule and continue completing the online application via Populi (reach out to an Admissions Counselor). Payments can be processed online; \$45 non-fundable registration fee + full tuition due before start of classes (late payments are subject to a \$30 late fee).
2. For more information contact the Admissions Department at admissions@emperors.edu

- **The Summer quarter starts on Monday, June 27th, 2022.**
- **If you need to add or drop a class after the quarter has started, please contact the Registrar Marcia Hirsch at marcia@emperors.edu at your earliest convenience. Non-attendance does not qualify as notification that you wish to drop a class. There is a \$25 fee for dropping a course in addition to a pro-rated tuition refund.**
- **The quarterly balance is to be paid in full by the 1st week of the quarter. Opening Series students are not eligible for financial aid.**

Attendance policy

- **Successful completion of the education programs at Emperor's College requires a significant commitment of time for coursework and outside study. Attendance is required at all times, as only complete attendance in all coursework will enable a student to benefit fully from instruction of subject matter and discussion extending beyond the scope of course texts and practical clinical experiences. Any student who fails to attend at least 80% of the course (separate from any other course requirements) will receive an "F" for the course.**

Leave for military duty is permitted as long as the student will miss no more than 25% of the total number of course meetings. Documentation must be supplied to the Academics office. Tardiness Policy Tardiness policies may vary by class. Please refer to the respective class syllabi for more information. A student enrolled in a course is responsible for all course assignments or requirements that are due regardless of whether the student is present or absent from the scheduled course. Students are responsible for being aware of their own attendance for each course in which they are enrolled in order not to exceed the maximum absences allowed.