

24 Posture Qigong Certification Course

15 Contact Hours

Aug. 13th - 6:00 pm - 9:30 pm

Aug. 14th - 8:00 am - 5:00 pm

Aug. 15th - 9:00 am - 12:30 pm

Glenridge Martial Arts Academy

224 Glenridge Ave.

St. Catharines, Ontario, Canada

Phone: 905-684-7950

Reminder: U.S. Citizens must have documentation to cross the border

COST: \$750 US/CN.

CEU INFORMATION:

Attendees will receive 1.5 IACET CEUs, 15 BOC CEUs, 1.8 NYS PT CEUs or a certificate of attendance (see more info on page 2)

LEVEL:

This is a basic-level course. Certification as a Qigong Instructor is based on knowledge and skill level achieved.

TARGET AUDIENCE

PT's, OT's, Athletic Trainers, exercise specialists, medical specialists, community nurses, activity specialists, school-based rehabilitation professionals and classroom teachers, energy specialists, martial arts schools and care providers interested in leading groups engaging in health-promotion exercise.

Qigong: What is it?

A mind/body healing modality consisting of static and dynamic exercise, meditation and breath regulation, and self-massage. Qigong has its origins in Traditional Chinese medicine.

What are the health benefits of Tai Chi /Qigong?

Improvements in cardiovascular endurance, flexibility, strength, balance, mobility, static and dynamic posture, co-ordination, pain management, focus, calmness, immune response, and quality of life.

SPEAKERS/INSTRUCTORS:

Helen Wu, practitioner of Chinese Medicine and Tai Chi/Qigong Master.

Helen Wu is internationally renowned as an accomplished Kungfu and Tai Chi performer and teacher. She has served as a teacher of sports medicine at Shanghai Normal University and carried out research involving traditional Chinese martial arts with a focus on exercise physiology and sports medicine. She currently teaches at York University and has more than twenty theses published in various Chinese Journals. She has authored or co-authored several books including Wang Zi-Ping and Wushu, Wushu and Chinese Traditional Traumatology.

Sifu George Picard, Tai Chi/Qigong Master

Shihan George Picard is the head instructor for Goju Ryu Karate, Kobudo, Tai Chi, and Qigong at Glenridge Martial Arts Academy. He also competes internationally and is an international coach and judge. He received an International Coaching Award from the Government of Venezuela and the World Congress of Martial Arts in 2001. <http://www.glenridgemartialarts.com/instructor-profiles.shtml>. Shihan Picard is also a gifted Qigong healer and trains and teaches qigong healing arts to cancer patients at his school and in clinics throughout the Greater Toronto Area. He was inducted into the Action Martial Arts Hall of Fame in 2001. Additional information at: www.georgepicard.com

Penelope J. Klein, PT, Ed.D., Professor of physical therapy and Tai Chi/Qigong expert and researcher.

Dr. Klein has been practicing and teaching Physical Therapy for over 35 years, and practicing martial arts since 1987. Dr. Klein, a full professor at D'Youville College in Buffalo, NY, is actively engaged as a clinical researcher, a programming consultant/coordinator, and also teaches community-based and adapted Tai Chi/Qigong classes.

REGISTRATION INFORMATION:

George Picard - 905-684-7950 - sifu@wuyijiehe.com

**For info visit www.georgepicard.com, email sifu@wuyijiehe.com
or call 905-684-7950**

LEARNING OBJECTIVES:

1. Explore Tai Chi/Qigong as a therapeutic modality including its history, theory, and evidence base
2. Demonstrate the 24 Posture Qigong set
3. Discuss teaching strategies for Qigong/Tai Chi for various populations
4. Articulate accommodations for populations and those with exercise restrictions
5. Understand 'Chi Time for Everyone' sets (sitting and standing routines)
6. Understand and follow an 8 movement form
7. Discuss application of Tai Chi/Qigong in various settings
8. Plan for continued knowledge and skill development

COURSE MATERIALS:

Text, practice DVDs, posters, & workbook (\$150 value included with cost of tuition)

COURSE OUTLINE:**Aug 13th 6-9:30 pm**

(instructors: George Picard & Penelope J. Klein)

Course overview

Introduction to evidence base

Eastern energy theory

Introduction to 24 posture Qigong

Hands-on learning and Practice

Aug 14th 8-5:00 pm

(instructor - Helen Wu)

Community class participation

Continue 24 posture Qigong

Applications from a Chinese medicine prospective

Aug 15th 9-12:30 pm

(instructors: George Picard & Penelope J. Klein)

Review 24 Posture Qigong

Discussion of evidence base, summary of current clinical research.

Introduction to 'Chi Time for Everyone', CareEx, and Chi Time at School resources

Discuss applications for special needs populations in various settings including Day Habs for individuals with intellectual disability.

Closure and course evaluation.

CEU/PDU PROVIDER:

Learning Partners has been approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 1760 Old Meadow Road, Suite 500, McLean, VA 22102. In obtaining this approval, Learning Partners has demonstrated that it complies with the ANSI/IACET Standards which are widely recognized as standards of good practice internationally. As a result of their Authorized Provider membership status, Learning Partners is authorized to offer IACET CEUs for its programs that qualify under the ANSI/IACET Standards. NBCOT recognizes IACET CEUs for recertification of occupational therapists and occupational therapy assistants.

NBCOT, APTA, AOTA, and ASHA recognize the IACET CEU attainment for verification of continuing education and training [1 contact hour = 1 PDU]. Learning Partners is recognized by the New York State Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. Learning Partners has also been an Approved Provider of CEUs for Athletic Trainers by the Board of Certification (BOC) since 2007.

Cancellation Policy:

George Picard reserves the right to cancel a class/session if enrollment is insufficient; if so, learners will be offered another session. If the learner cancels attendance at a workshop, the learner MUST notify George Picard via email or phone. If the cancellation is 10 days or more before event, a refund will be made minus 10%. If notification is less than 10 days before the course, no refunds will be made.