

Open Sky Qigong

Qigong encourages the use of simple Practices which assist us to consciously Balance and Strengthen our Energy bodies increasing our experiences of peace, Love and vitality.

Qigong Techniques are a blend of slow graceful movements, Stillness, inner Awareness and creative Imagination which integrate easily into daily life.

At Open Sky Qigong Workshops and Classes we experience many of these gentle, yet powerful Practices Assisting us to become more aware of the internal messages of the body.

Through conversation, meditation and imagination we become more sensitive to the flow of Qi through the body, mind and spirit. We are more able to stay present, connect with and trust our inner guidance and follow our Qi.

We are Mentored and Supported to Practise on a regular basis, allowing the body and mind to function as it knows best.

The Open Sky Qigong Program combines readily with any Western medical, psychological or spiritual program as well as other Eastern modalities.

A graduate of our program is a grounded and humble human being with a clear connection to source energy - one who is courageous and empowered, yet gentle and receptive - who takes a stand for the integrity in others and is willing to be an example of Love and Wisdom in action.

In Open Sky Qigong we Develop:

Increased Vitality

by cultivating Qi in the major Energy Centres and circulating Energy to every cell.

Inner Joy and Peace

By learning to Smile internally, releasing tension and accessing Inner Stillness.

Deeper Relationships

Through Practising Gratitude, Empathy and Whole Body Listening.

Flexibility of Mind and Body

By balancing the Energy bodies and being in tune with the natural rhythm of Life.

Clarity of Life Purpose

By dissolving Energy blocks and opening fully to the present moment.

Heart-Centred Service

By example though Living as Love and Light.

Open Sky Qigong provides extensive Qigong Training. The flexibility of the Program allows progress at one's own pace.

The depth of the Program provides up to 3 Levels and then ongoing Training to consciously Facilitate Qi individually or in groups, personally or professionally.

Course Structure

In Level 1 the focus is on Self.

Techniques assist in grounding and strengthening Energy flow in body, mind and emotions and in particular the Heart and Liver.

In Level 2 the focus is on Relationship.

Techniques are used to Consciously clear Energy flow in relationships and the environment and in particular the Lungs, Kidneys and Spleen, the Yang organs and aura.

In Level 3 and Qigong Facilitator Training the focus is on Self Expression and living one's Life Purpose in Integrity.

Techniques are used to strengthen Connection with and Trust in Guidance received from the Higher Energy Centres.

The Open Sky Qigong Program offers:

- Regular weekend Workshops
- Weekly Classes in many locations
- Ongoing Mentoring and Support from a large group of experienced Qigong Practitioners
- Online encouragement through emails, Blogs, Facebook, Twitter and Newsletters



Workshop & Class Details

Participants may attend weekly Classes or weekend Workshops or a combination of both.

Workshop fee at any Level is half price after attending a minimum of 8 Classes or a Workshop at that Level.

Note: Before commencing Level 2 (or 3) participants are required to attend a minimum of 36 hours Training at Level 1 (or 2). Workshop days count as 8 hours each and Classes count as 2 hours each.

Level 1 has a 2 day Workshop & **Level 2** has a 3 day Workshop.

Assisting: Once attendance requirements are met at any Level participants may offer to Assist at any Workshop for that Level. Attendance for Assistants is by donation of \$40 (\$30 conc.) per day.

Level 3 has a 3 day Workshop and a 3 day residential Retreat. Participants also Assist at Level 1 and 2 Workshops for ongoing Training.

Qigong Facilitators:

After 72 hours of Level 3 attendance participants are referred to as **Qigong Facilitators**. Qigong Facilitators may offer to Facilitate Level 1 and 2 OpenSky Qigong Classes including 1:1 Classes.

Resources

Comprehensive Publications

Level 1 – Living in Awareness

Level 2 – Deepening Connection

DVDs – Level 1 and Level 2

Includes Instruction and Guided Practice of 6 each of the moving Qigong Practices for Levels 1 and 2

Meditation CDs

Level 1 (6 CDs) – includes all the Meditations for Level 1, both Guided and Unguided available.

Level 2 (2 CDs) – includes Level 2 additions to the Lotus Meditation and Walking Qigong and also the Pillar of Love and Light Meditation.

Free Introductory Classes

Available most locations each month.

Learn at Home

Resource packs including on-line and phone support are available for those who wish to learn at home.

Contact us for details, bookings and Course Info

Online at: www.openskyqigong.com.au

Or contact your local Class Facilitator (see below):

Energy Practices for daily Life



Mindfulness
Happiness
Well-Being
Vitality



www.openskyqigong.com.au



OpenSky
Qigong