



# QIGONG FOR INNER PEACE TEACHER TRAINING

**Yoga Depot**  
17 Depot Square  
Lexington, MA  
781.372.1000

## Program Schedule

9.20+21; 10.4+5; 10.25+26;  
11.15+16  
Friday 6-9pm; Saturday 9-5

## Program Costs

Early bird registration \$810  
paid in full by 6.1.19  
Regular registration \$1100  
paid in full by 9.1.19  
Installment payment options  
available.

## Practitioner Program Outline

The core study in Qigong for Inner Peace Teacher Training includes qigong theory in which breath, movement and stillness are combined to cultivate and bring energy flow into right relationship. Students will be empowered to teach qigong classes and will have comprehensive knowledge of class structure including flow, breath work, meditation, meridians and movements to integrate for health concerns. You will learn to teach from a heart-centered place and learn more about yourself. Your training will include an

experienced team of teachers while gathering in a safe, welcoming studio. Energy is the basis of everything so be prepared to learn how energy, meditation and more impacts our lives, and most importantly, you will experience and learn how to teach your own style with a wide-range of training:

- Five Element Theory
- Intention, breath and posture
- Feel your qi
- Yin and Yang Theory
- Qigong movements
- 12 Meridians
- Six Healing Sounds
- Meditation
- Breathwork

- Self-massage
- Microcosmic Orbit and Heavenly Circuit
- Hologram Palm Empowerment
- Learn how to teach qigong
  - Design sequences for standing/seated/floor
  - follow the seasons with focus on specific topics

## Suggested Reading List:

Meridian Massage, Opening Pathways to Vitality by Cindy Black  
Energy Medicine by Donna Eden  
The Four Agreements: A Practical Guide to Personal Freedom by Don Miguel Ruiz  
The Master Key by Robert Peng



Steve Cunningham, charismatic owner of Bodywork Revolution and the Yoga Depot passionately shares and mentors all interested in

improving their health and well-being. Creator of Melt and Restore classes, acupuncturist, massage therapist and yoga instructor are just a few of his many talents. Steve's joy of teaching shows as he masterfully guides you with detailed information and laughter. Be prepared to learn much about Traditional Chinese Medicine as Steve walks us through some of the major theories and shares ways to integrate this in our daily life and helps us to weave it through our class sequences.



Maryellen LaBelle is a lifelong student of energy and a seeker of knowledge with over 20+ year of experience working with individuals and has been teaching yoga

and qigong for 10+ years. She has studied with many teachers with focus on energy medicine, essential oils, movement and graduated from the Rhys Thomas Institute of Energy Medicine, is certified to teach Hatha, Yin, Rest and Renew and Therapeutic Qigong. She has in-depth training with Dr. Aihun Kuhn, Debra Marshall, Lee Holden, Kathy Keane, Rhys Thomas, Judith Lasater, Donna Eden, Michelle Meramour, Ashana and Anodea Judith. She believes in being present, and teaching with a sense of play and joy.



David Shoemson wrote and performed music for many years and continues to work in the

music field. Thirteen years ago, after knee surgery he found that traditional physical therapy was not working. This led him on a path exploring energy medicine which helped him recover. Since then, he has become an energy healer (Reiki master), 3 Body QiGong teacher, meditation & mindfulness teacher and workshop trainer. For the past 10 years, his training includes Tao Fellowship, International Healing Tao, Tong Ren and Reiki Master training. David is a student of Master Healer Chun Shim and has studied the teachings of Ram Das, Sandra Ingerman, Tom Tan, Mantak Chia, Robert Peng and Libby Barnett.