



Qi Intelligence
by Lorelei Chang

Ni Hao Qigong Peng You! Hello Qi friends!

Welcome to Qi Intelligence!! It's wonderful to see you here. There is an old Chinese saying, "Fate put us together", You Yuan Xiang Hui (有緣相會). Please accept my Qi hug for our meeting and re-connecting! I am thrilled to share some of my favorite Qigong practices and Taiji Quan with you in this journey. Thank you for your interest!



Description of the course:

1. Qi Intelligence

Qi is intelligence. Ancient Chinese discovered it thousands of years ago. Qigong is an ancient and holistic healing system used for the purpose to prevent illness while maintaining good health. In Chinese mind, Qi is the substantial force for all living beings. Qigong was kept as a secret for a long time in ancient China because it's so powerful. While we are so fortunate to be able to access this "gift" in various ways, it's important to understand how to cultivate this beautiful art form to fully support our health.

In this course, Lorelei will be teaching one of her favorite and most practiced Qigong forms, the Intelligent Qigong, also known as Zhineng Qigong in Chinese. Zhi means Wisdom, Neng means abilities; Zhineng together means ability to accumulate the energy of intelligence and increase one's level of wisdom. Intelligent Qigong was created by Master Pang He Ming. He created Zhineng Qigong based on the Hunyuan theory and Traditional Chinese Medicine meridians of the body. It's a form of medical qigong combined with Buddhist and Daoist qigong. In 1997, out of 21 different types of Qigong, Intelligent Qigong was rated the most effective qigong to improve health by the China State Sports General Administration. It's one of the most practiced Qigong forms in modern time.

Lorelei has been practicing Qigong and Taiji Quan for more than 30 years now. Intelligent Qigong is one of the Qigong forms that she practices religiously everyday. It's also one of the most effective Medical Qigong forms that help her



heal her dance injuries. With over 40 years of dance experience along with her knowledge of Traditional Chinese Medicine and Five Element Shiatsu, all have helped Lorelei understand Intelligent Qigong and Taiji Quan to a much higher level. She is excited to share this ancient Qigong and Taiji Quang practice with all.

Participants will learn: Zhineng Qigong and Taiji Quan theory, basic Yang and Chen

styles break-down movements, Intelligent Qigong level 1, “Lift Qi Up Pour Qi Down” form, and all related acupuncture points along with breathing technique and meditation.

Here's the outline of the course:

- What is Intelligent Qigong
- The creator of the Intelligent Qigong
- Intelligent Qigong level 1, lift qi up pour qi down form; to include the opening section, and sections 1, 2, 3 and the closing section
- What is Hun Yuan Qi
- Eight phrases of centering
- Acupuncture points related to Intelligent Qigong form
- Taiji warm up
- Yi Quan-Zhan Zhuang in five different positions
- Five methods of Yi Quan Walking Meditation

I would like to keep the fee as reasonable as possible while keeping the integrity of the art and my teachings. I would LOVE to share the **Qi Intelligence** course with as many people as possible. Please feel free to share this course information with your friends and family members. My purpose of teaching Qigong is to help people stay health while honoring my ancestors and culture. This beautiful ancient art form is meant to be shared with all and to reduce human sufferings and keep all of us in vibrant health.



Location: Zoom

Date & Time:

January 5th to June 22 (24 weeks)

Wednesdays: 7:30-8:30pm

Fee:

\$76 Monthly

\$364 Six Months, 24 weeks (**save \$92**) when sign up **before**
December 21, 2020

\$416 Six Months, 24 weeks (**save \$40**) when sign up **after**
December 21, 2020

You must register at least two weeks before the program starts to receive the password protected zoom link. By registering for the course, you are agreeing to assume responsibility of your safety and health risk. Please consult your doctor beforehand.

All classes will be recorded and shared with you via YouTube link to support your Qigong learning through out the course.

Download is not available. Payment are not refundable once the program starts. For other refund policy, please check

dancenlight.org/class



Inner Nourishment with Taiji Quan & Qigong

Location: Zoom

Date & Time:

January 9 to June 19 (24 weeks)

Saturdays: 10:30am to 11:20am

Fee:

\$50 Monthly, or \$196 for 24 wks, (**save \$80**), special rate for those who sign up the entire **Qi Intelligence** program



What you will learn in this class:

-Zhan Zhuang

-Taiji Quan Ji Beng Gong including ji ben gong for the arms and legs

-Simplified break-down Taiji Steps and Arms movements

-Yang style Taiji Quan (Break down exercises and the entire form)

-Chen Style Taiji Quan(break-down exercises)

-Chinese culture

-Chinese & English names for all the movements

Due to the limited view in zoom teaching, I will break down each Taijiquan movement in order to be able to present the class in its entirety. I will also teach the basic movements of hands and feet work allowing students to establish a good foundation for learning the entire form of Taijiquan. The classes will be taught outdoor during the month of April, May and June.

When sign up for the entire six month program [before December 21, 2020](#), you will get...

1. FREE video sharing via Youtube of the Intelligent Qigong demonstrated by Lorelei Chang
2. FREE video sharing via Youtube of the Yang Style Taiji Quan demonstrated by Lorelei Chang
3. FREE video sharing via Youtube of the Chen 56 style Taiji Quan
4. A certificate to prove the hours of your practice
5. A calligraphy T-shirt, tank top or scarf painted by Lorelei Chang with your choice before limited supplies last

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Lorelei Chang is a world class performer, choreographer, renowned qigong teacher, modern dance pioneer in China, and a Chinese calligrapher who has dedicated her life time to study these disciplines for more than 35 years. She recently performed during the closing ceremonies of the 2018 Winter Olympics held in Pyeongchang, South Korea with her twin sister, Mai Nakanishi. Both are world-class artists who pioneered combining Chinese calligraphy and modern dance with Qigong, have performed internationally including China, Japan, New Zealand, and

Belgium. In 2012, she won a gold medal for the 24-form Taiji Quan and a silver medal for 42-form Taiji Quan during the International Wushu Competition in Connecticut. Recently, Lorelei was honored to teach at the very first Quantum Qi Conference at Kripalu Center for Yoga and Wellness with world renowned Qigong teachers Master Li Jun Feng, Daisy Lee and Lee Holden.

Lorelei is the Artistic Director and co-founder of a modern dance company, dancEnlight. Her passion for dancing and teaching has inspired students of all ages. She currently teaches dance at Connecticut Qigong and Yoga at the South Windsor Senior Center. Chinese Calligraphy at her home. Lorelei recently was invited to teach this course at the first Quantum Qi conference at the Kripalu Yoga and Wellness Center and will also share this unique workshop at Annual Qi Summit at the Omega Institute in May 2019. She has studied Traditional Chinese Medicine with Lonny Jarrett, Chinese Herbology with Laura Magnosa, and started her third year learning Five Element Shiatsu with Nini Melvin. She is excited to start her own Shiatsu practice and share more healing work with the world. Lorelei is a certified Radiant Lotus Women Qigong by Daisy Lee. She is a professional member of the National Qigong Association, taught and performed at their annual Qigong conference. Lorelei holds much gratitude to all of her amazing teachers and her loving family.dancenlight.org