

Medical Qi Gong Essentials



Medical Qigong Essentials. introduces students to the ancient art of energy cultivation, purification and transmission. This course will synthesize ancient and modern practices for accessing Universal Energy, including: Gentle Movement, Massage, Deep Breathing, Meditation., Vibrational Remedies and Emotional Clearing processes. In this course students will learn to cultivate:

- *Their “big mitt” of biophotons or “Reiki” vibration that emanates from their hands*
- *Strengthen and regulate the vital organs, glands and nervous system*
- *A protective buffer of vital force surrounding their physical body, resilient to external forces*
- *Purify and transform mental emotional states*
- *Activate self-healing resources necessary for a busy bodywork practice*

“I use Qi gong every minute of the day. It is the most important thing I have ever learned. It has been a path to acceptance, which has given me great peace. Qigong has shown me that health and spiritual progress and safety don’t cost a lot of money, in fact, the most powerful energetic protection and self-healing I have found is free, and is comes in the form of the daily Qigong practice. All that being said, thank you for your part in my education. I am honored to call you my teacher and your school is the finest I’ve ever attended.”
Shawnee Donahue, SBBTI grad



2023 Class: Jan 17-Feb 2 (Tues, Thu) 9-1:30 pm

Clinics: Feb 6, 13 (Mon) 12:45 -4:15pm

Registration: \$50 Tuition: \$540

Texts: The Promise of Qi, Roger Jahnke

Instructors: Katie Mickey/Jennie Zaine



Instructor: Katie Mickey, CAMTC #18289, H.H.P., R.P.P : Katie has served as Director and core instructor of the Santa Barbara Body Therapy Institute for over 32 years. During that time, she has trained over 3000 students in SBBTI’s many programs. She has also served as School Advisory Committee member to the CAMTC. Her educational background includes: Reiki 3rd Degree, Medical Qigong Training with Roger Janke and Matthew Jones, Santa Barbara College of Oriental Medicine, Institute of Holistic Healing, Body Therapy Institute, and School of Intuitive Massage. She maintains a integrative bodywork practice combining Qigong, Reiki and bodywork.



Instructor: Jennie Zaine CAMTC #67394

Conducting a bodywork practice since 2009. **Manual Lymphatic Drainage, Swedish Massage, Deep Tissue, Medical Qigong, Clinic Supervisor.** Jennie is a graduate of SBBTI's 1000hr HHP program. In her practice she offers listening through touch and mindful presence. Jennie imparts a deep respect for the being aspect of relating or engaging in the tissues within the bodywork session. Her presence is an ongoing support for the daily operations of the Institute much like fascia within the body, she brings cohesion and order to the space within.

Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111. Approved for training for Veterans and eligible persons by the CA State Approving Agency for Veterans #2-5-1333-05. Approved by the CAMTC only as a part of our 550 hour program requirement #SCH 0020. Accepted by CA Vocational Rehabilitation.

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