

<http://www.dbfk.de/regionalverbaende/no/bildung>

Structure

1. Workload / Health risks in nursing care and the preventive potential of Qigong
2. Qigong as a complementary strategy in nursing care

Tian Shen Qigong Shi Er

1 Ming Xin Wo

2 Kou Di Ming

3 Wei Han Tian

4 Zhang Bao Kun



Safety and health risks in professional environment

Problem (% quota of the average EU-27)	Professional sector (% of companies)
Accidents (80%)	Construction business (90%) Energy and water supply (87%)
Work-related stress (79%)	Healthcare and social service (91%) Education (84%)
Musculoskeletal disorders (78%)	Energy and water supply (87%) Healthcare and social service (86%)
Hazardous substances (58%)	Energy and water supply (75%) Mining industry (73%)
Violence or threat of violence (37%)	Healthcare and social service (57%) Education (51%)
Mobbing and harassment (37%)	Healthcare and social service (47%) Education (47%)
Noise and vibration (61%)	Mining industry (84%) Construction business (82%)

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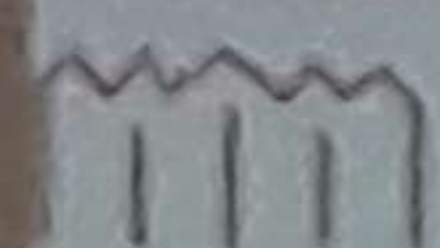
1. Mĩng Xua Vũ Gĩa

2. Kàu Chi Mĩng Gĩa

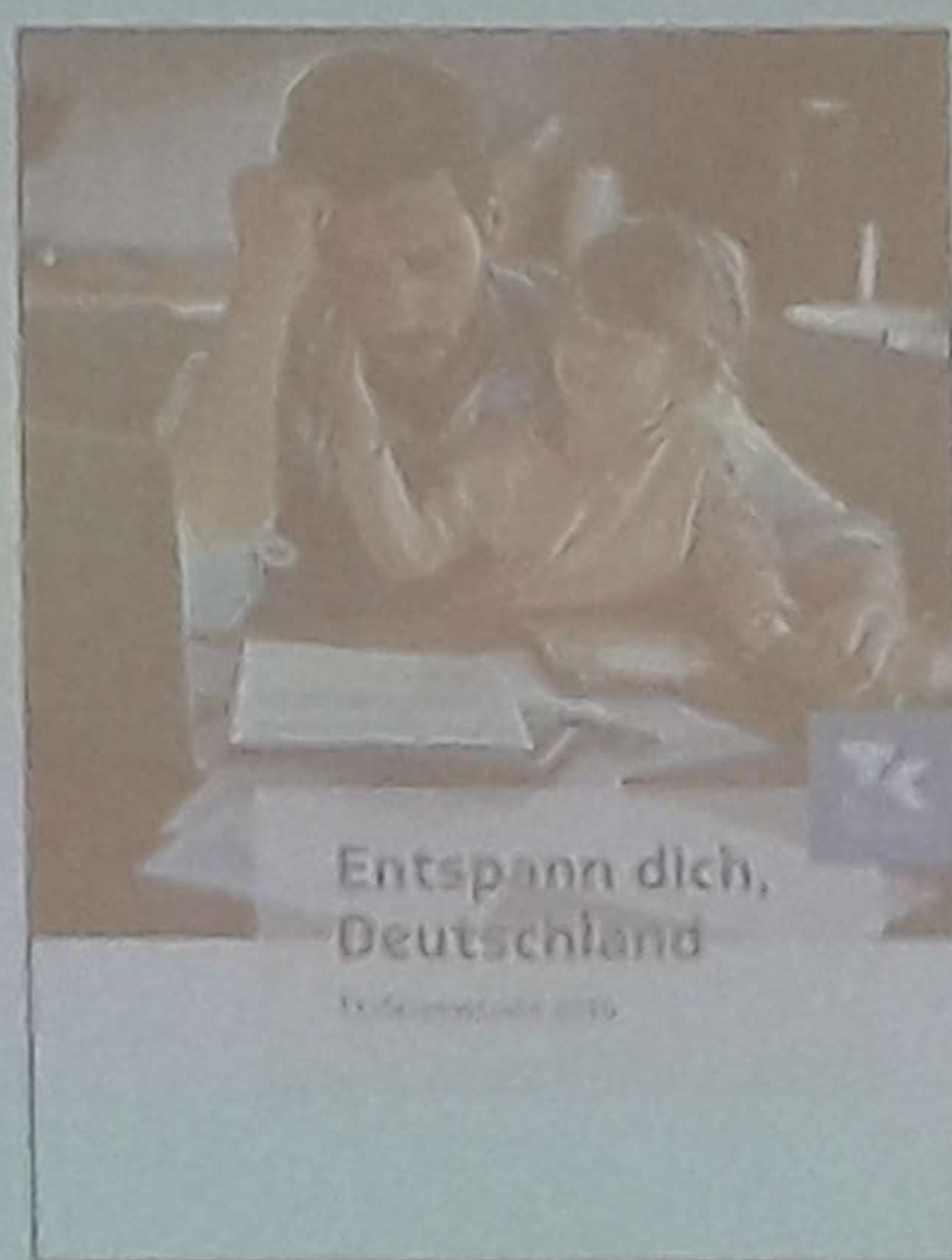
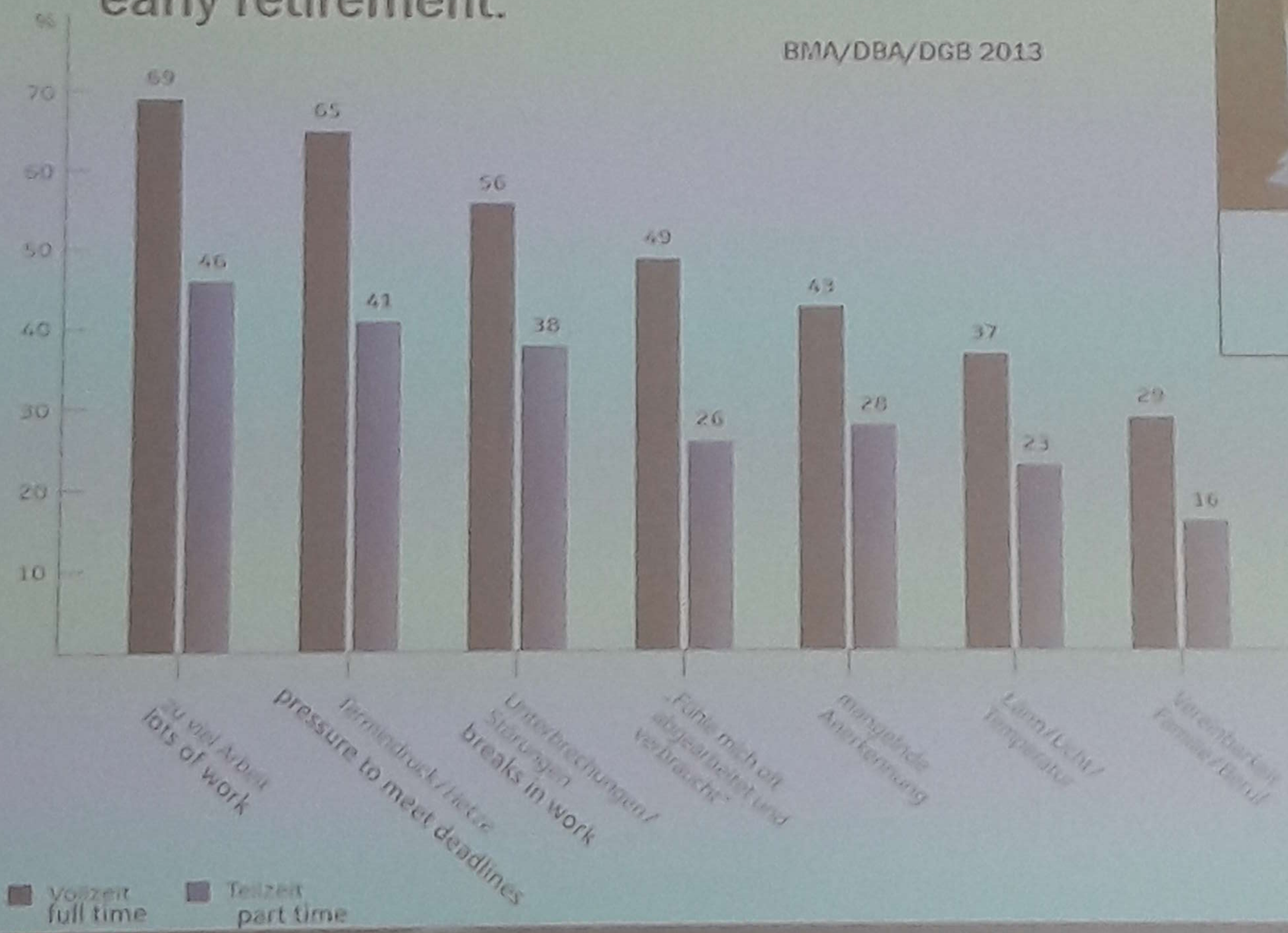
3. Vũ Hĩa Tân Zhu

4. Zhang Biao Kĩn Lũn

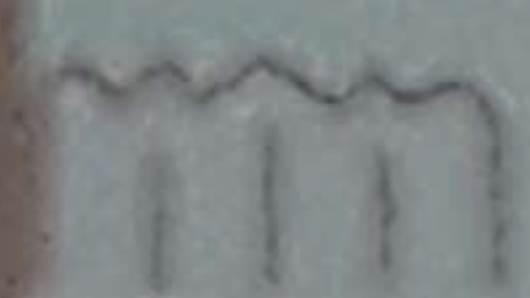
5. Yáo Zhuĩn Lũn Lũ



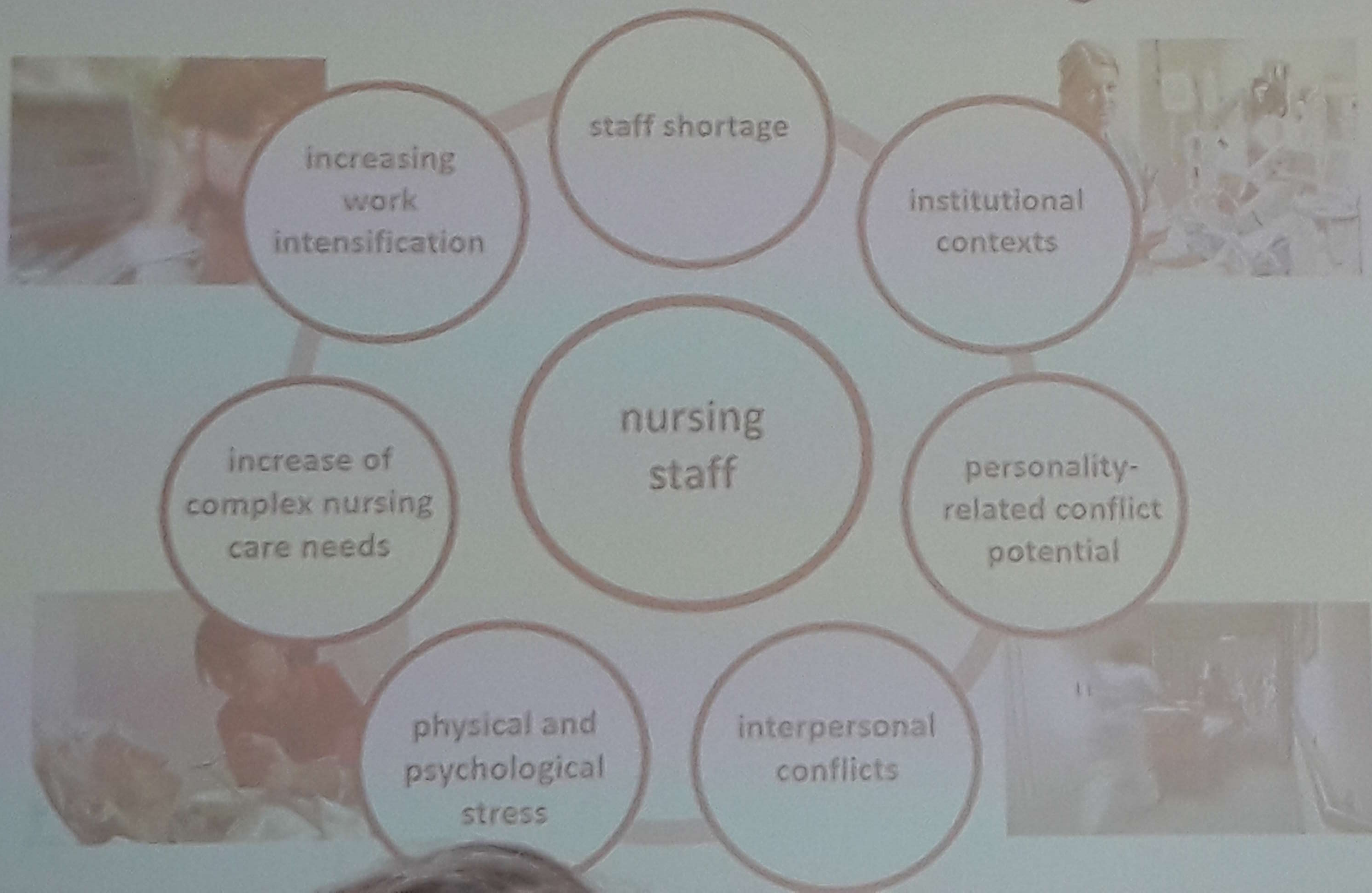
Mental stress generates about 13% of the days incapacitated for work and is meanwhile the most frequent cause of early retirement.

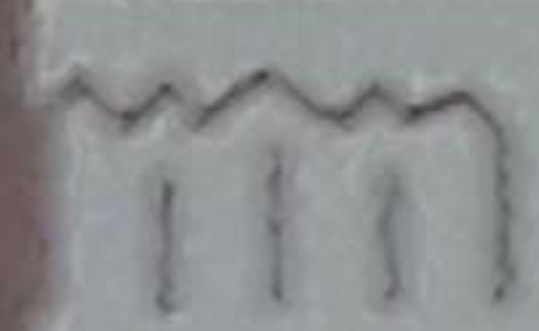


Tian Shen Qiu
1 Ming
2 Kou D
3 Wei Ha
4 Zhang
5 Yao

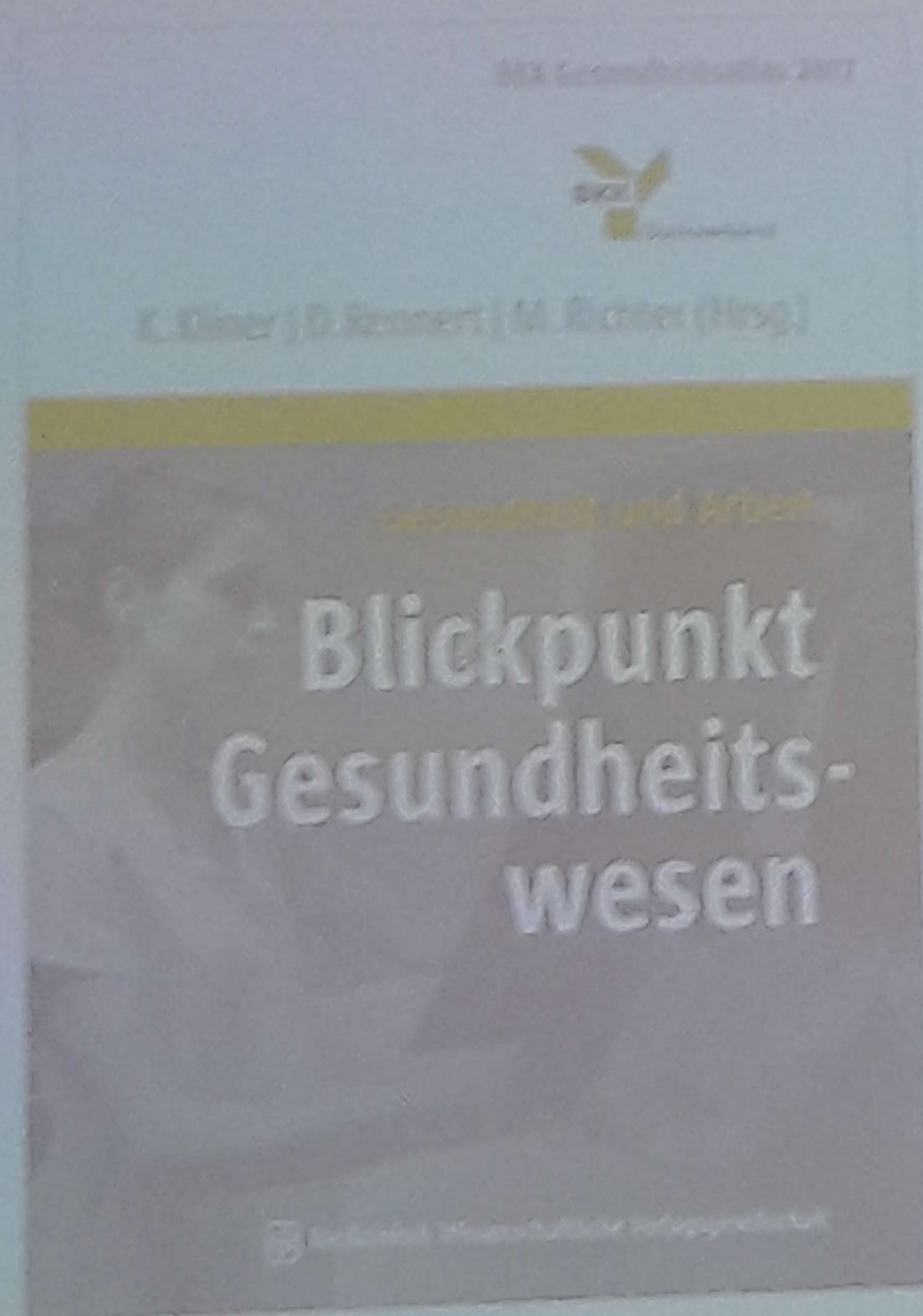


Strains in the vocational field of nursing care





2015



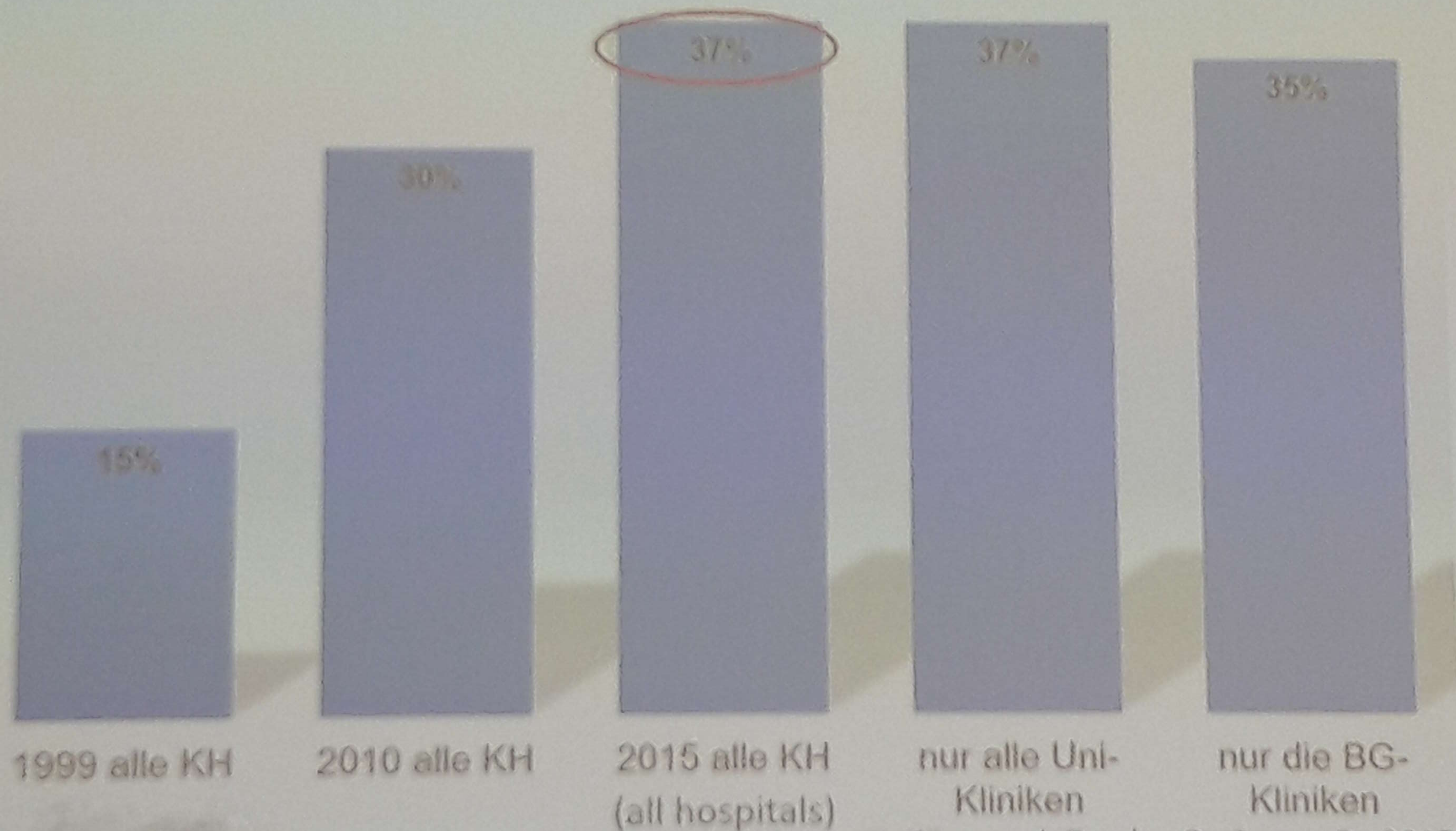
Days of incapacity for work per employee in geriatric nursing care: **24,1 days**

Days of incapacity for work per employee in general nursing care: **19,3 days**

Average days of incapacity for work of all employees: **16,1 days**

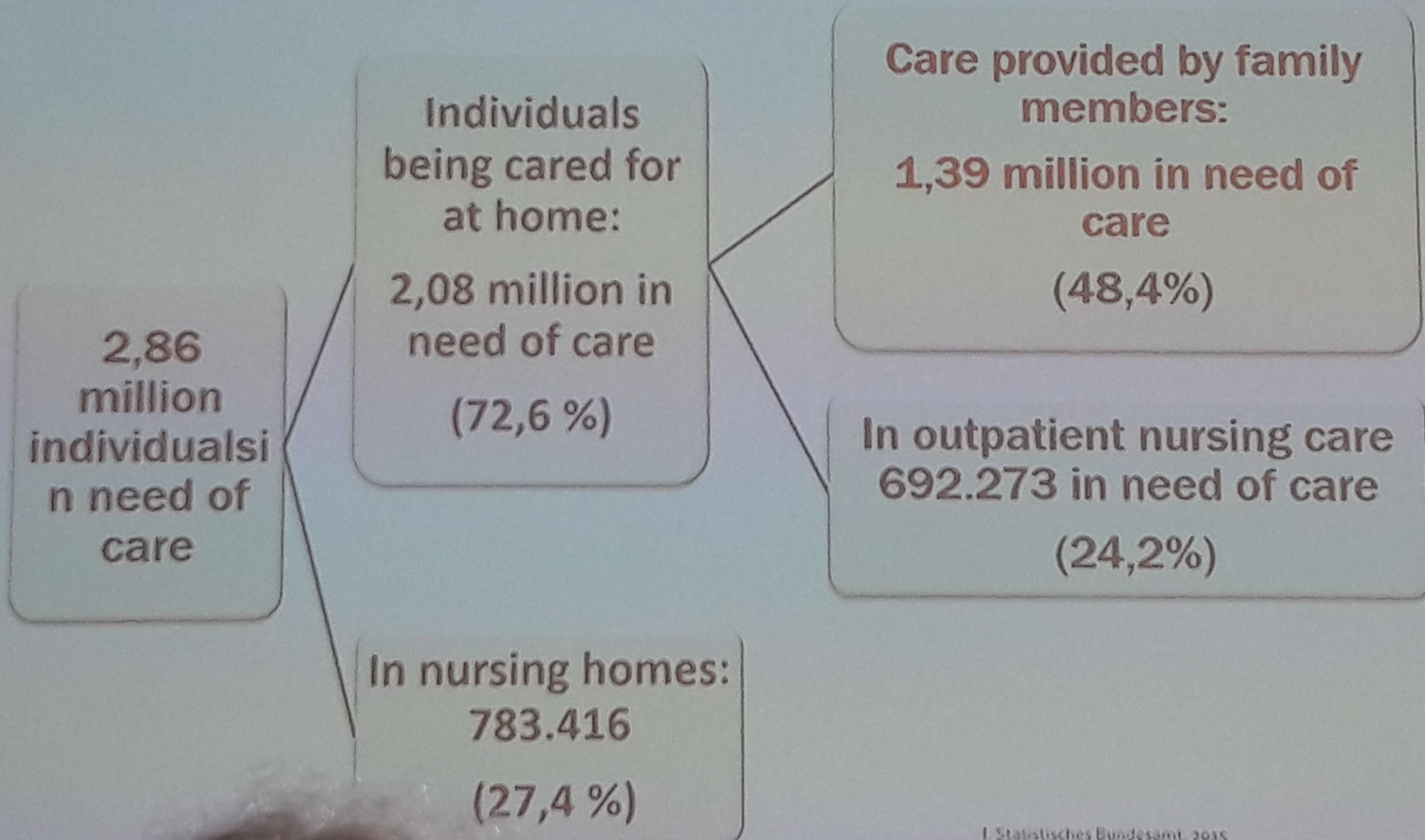
Members of the BKK: 4,4 Mio

Emotional exhaustion and burnout among nurses in Germany („G-NWI“- Follow up, 2015)





Care-dependant individuals in Germany 2015

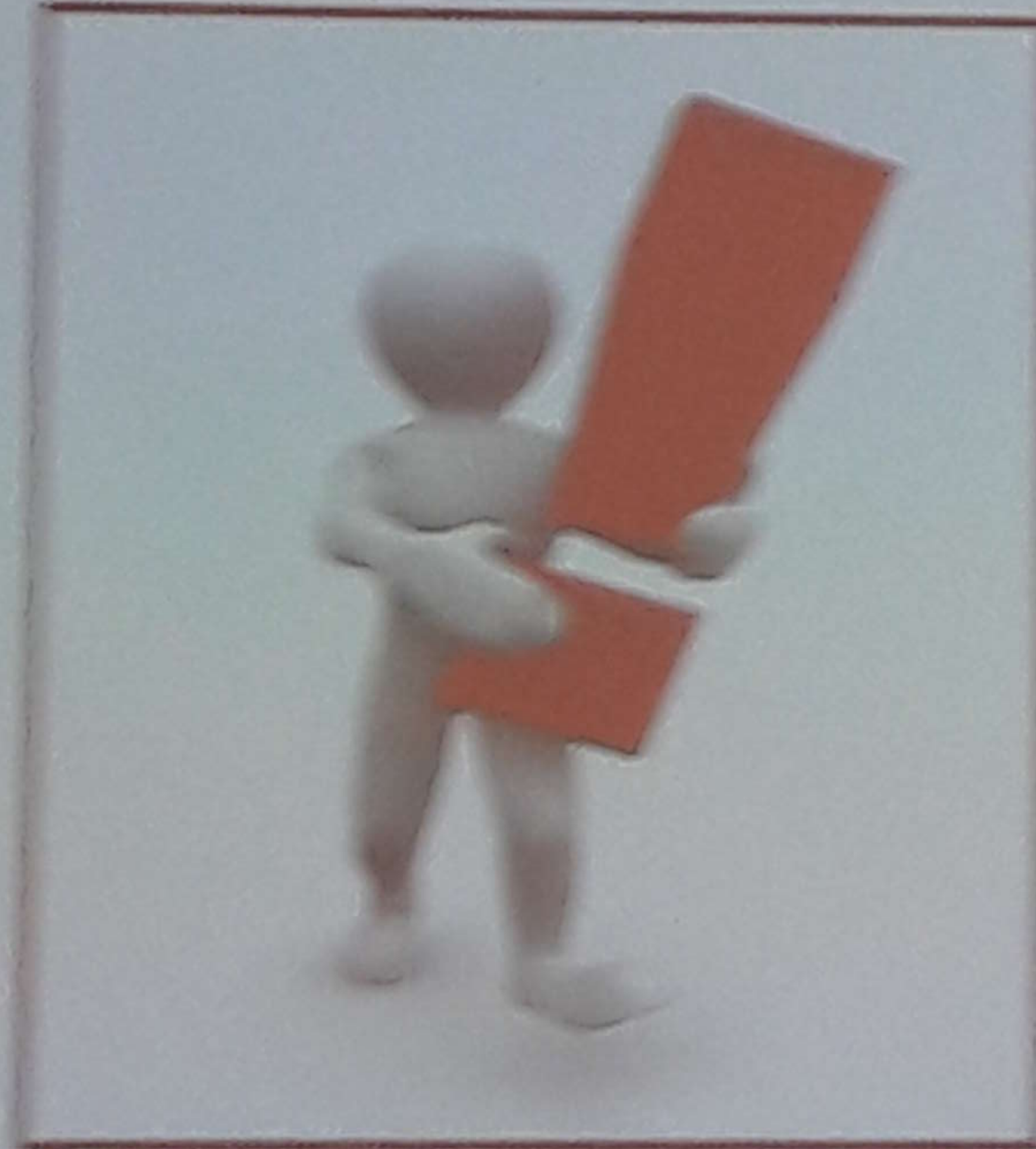




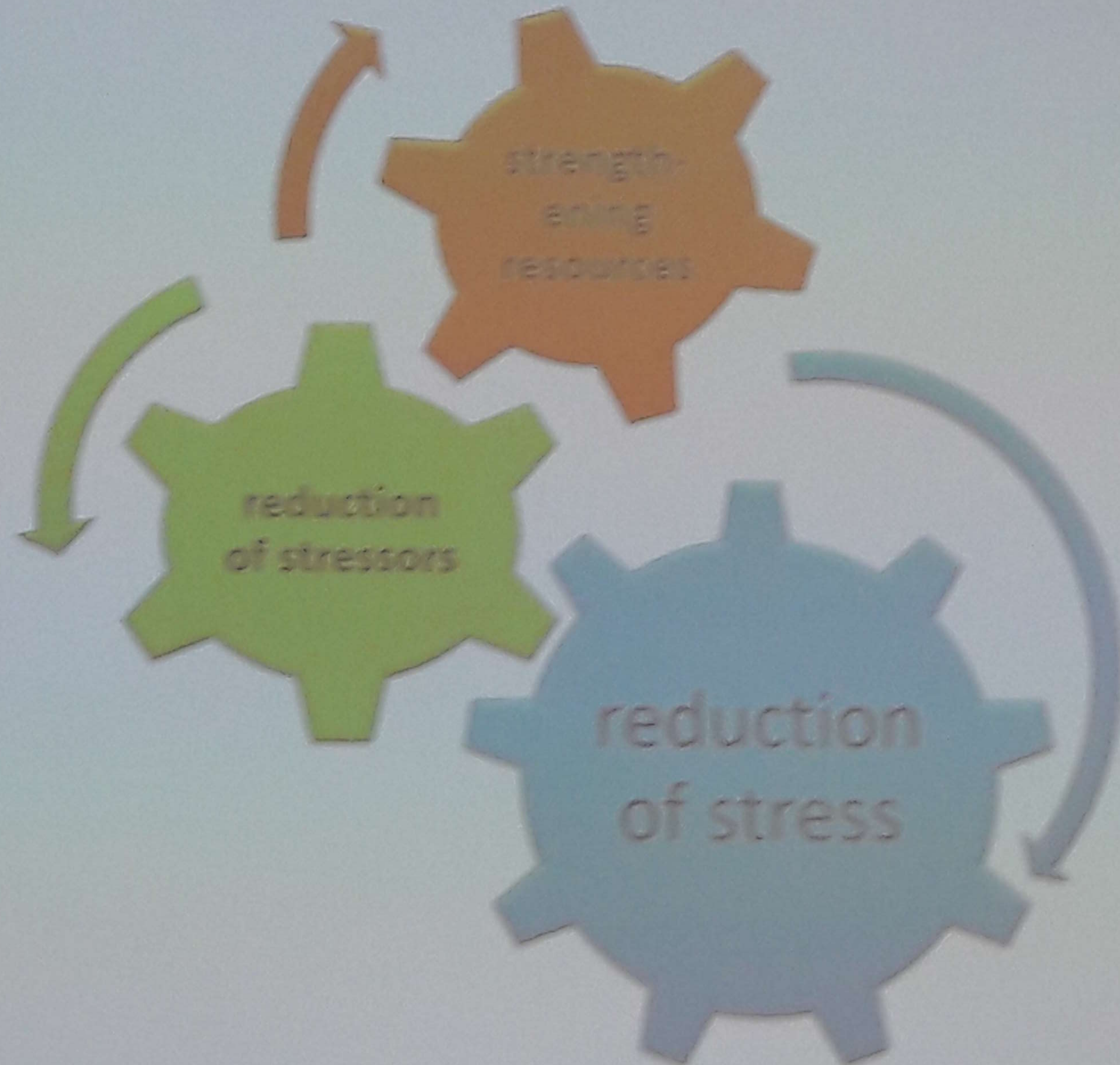
Frequent complaints of care- giving family members (multiple answers possible)

- muscular tension / back pain 52%
- fatigue / burnout 37%
- sleep disorder 29%

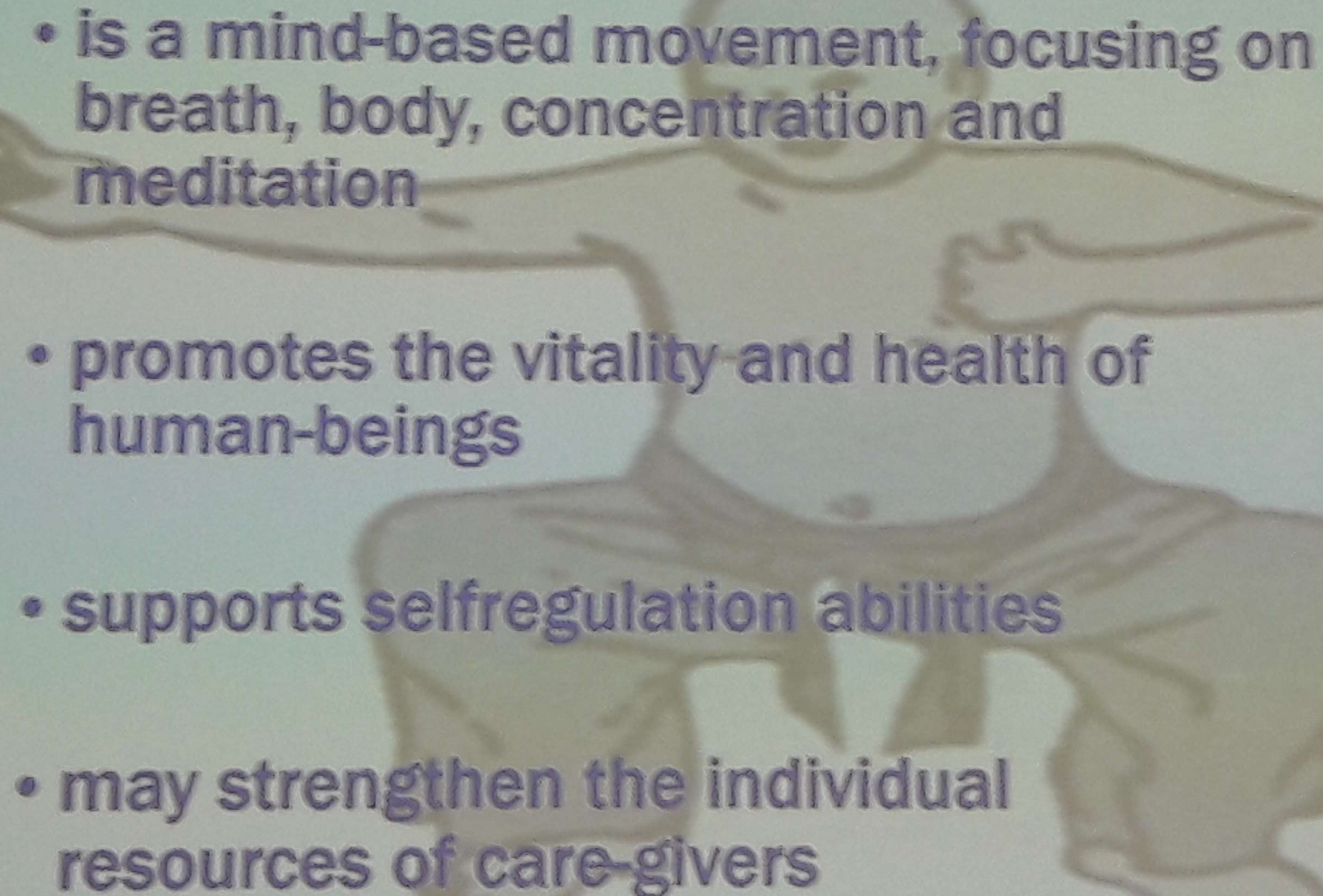
WINEG-TK, 2014

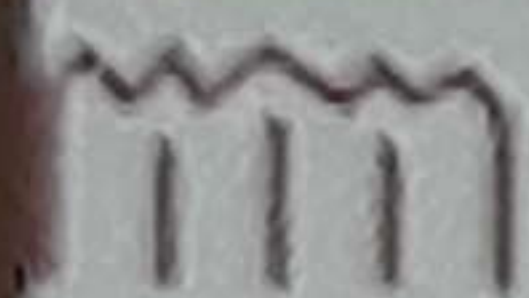


Physical and psychological stress is an issue with growing topicality for the professional field of nursing



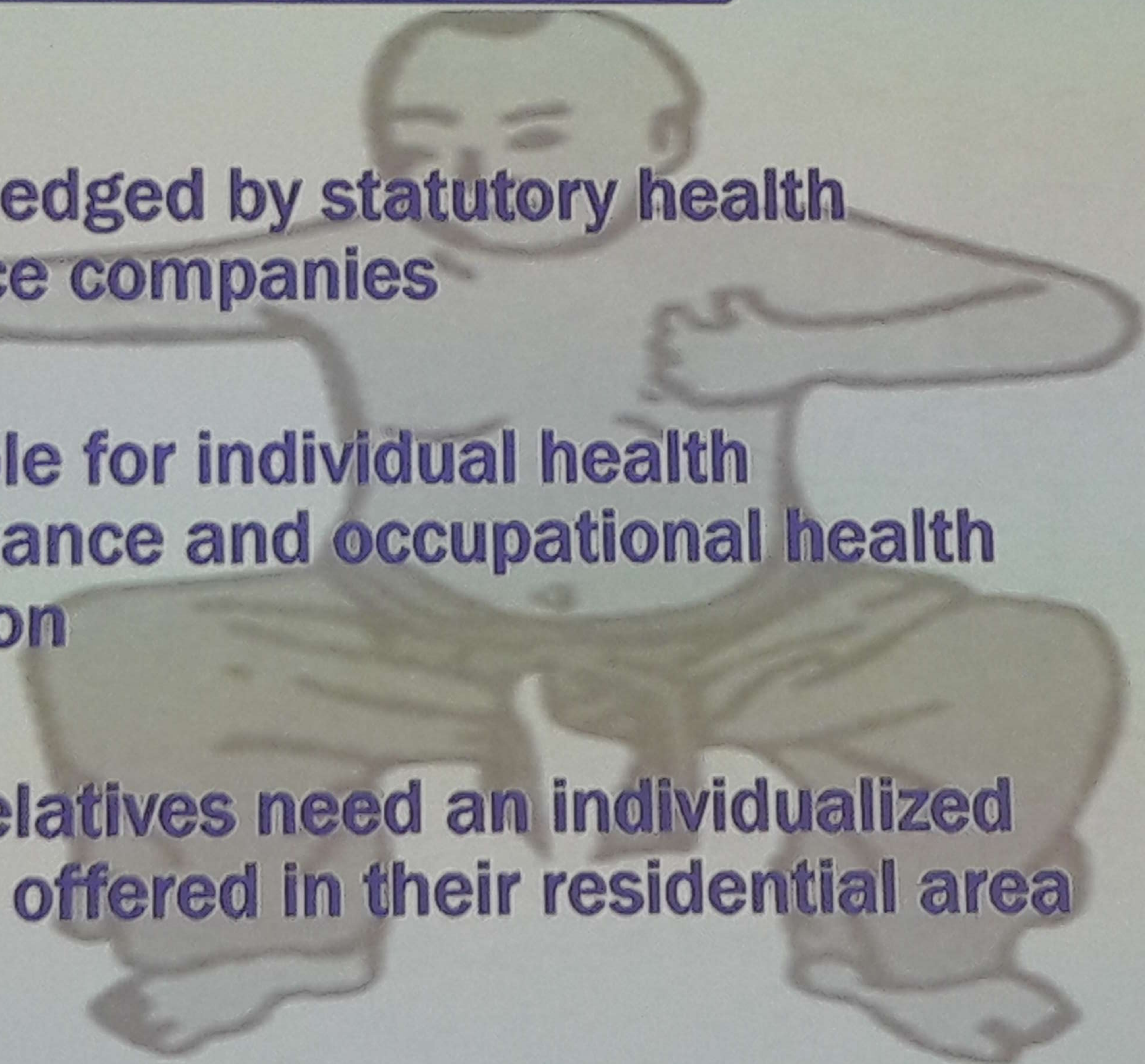
Qigong

- is a mind-based movement, focusing on breath, body, concentration and meditation
 - promotes the vitality and health of human-beings
 - supports selfregulation abilities
 - may strengthen the individual resources of care-givers
- 



Qigong

- acknowledged by statutory health insurance companies
- is suitable for individual health maintenance and occupational health promotion
- caring relatives need an individualized exercise offered in their residential area



Qigong

- has a relaxing and stress-relieving effect
- promotes self-awareness, mindfulness and agility
- strengthens muscles, stabilizes the sense and feeling for balance
- improves well-being and quality of life
- daily practice is necessary

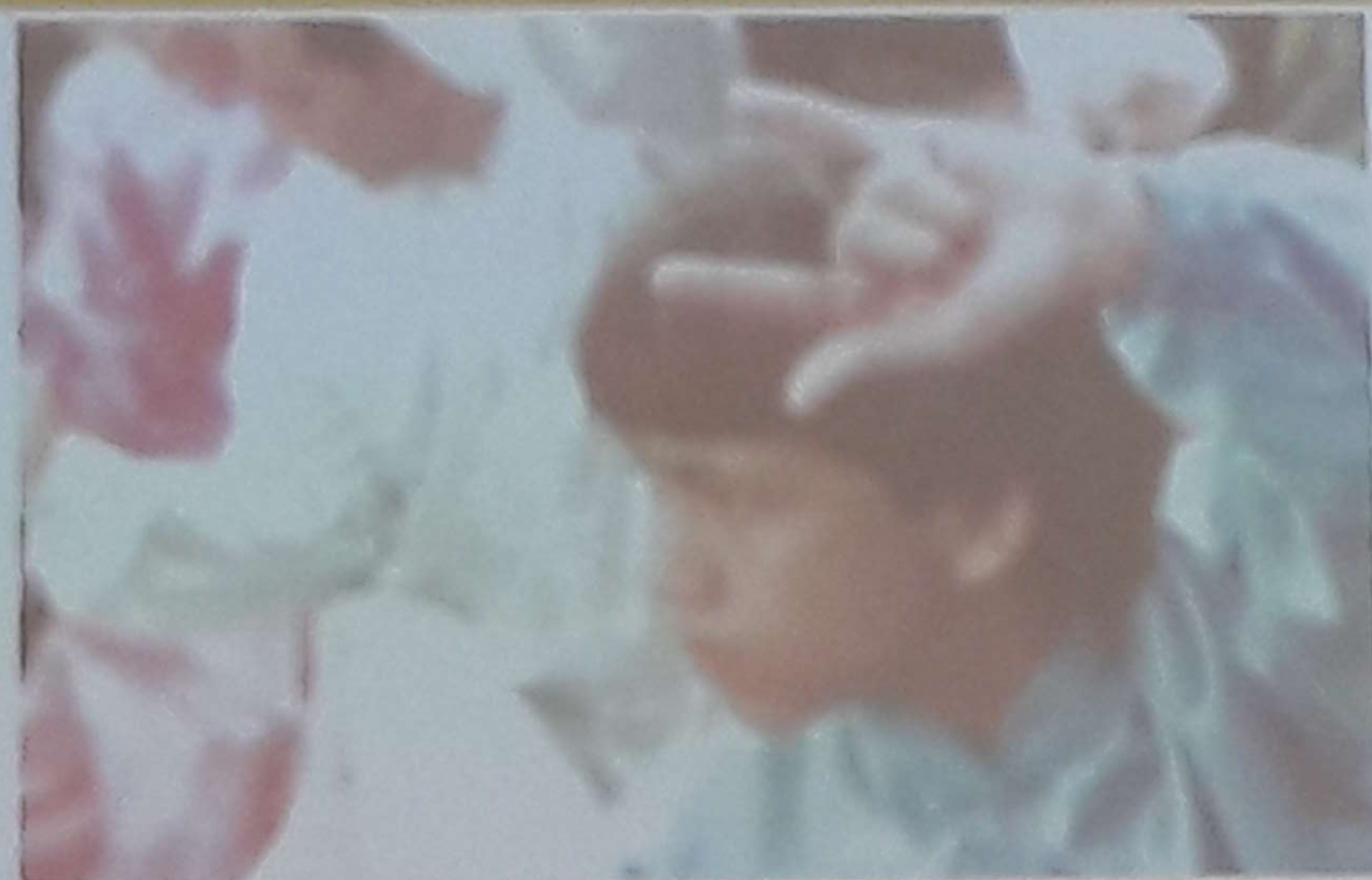
Schmal, 2017; Utscher, 2017



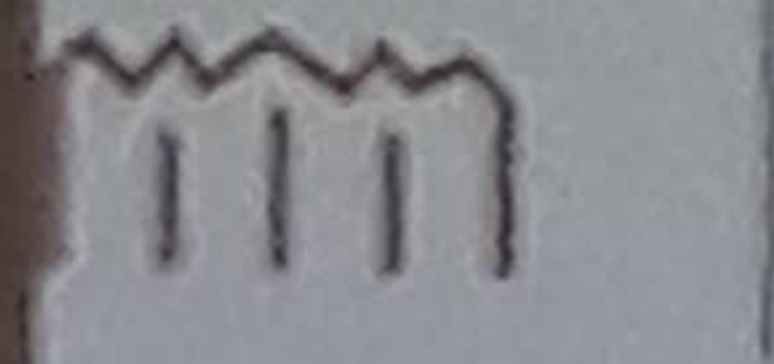
Complementary treatments

- are supportive, supplementary and resource-oriented methods which can be applied within the setting of conventional medicine
- pursue a patient-empowering approach
- their integration into the care process expands the fields of action and the competences of nursing care

**As a method of the mind-body medicine Qigong
strengthens the patients
self-helping and self-healing abilities**



**Practicing Qigong is valuable in the long-term
treatment of chronic diseases**



Effects by practicing Qigong

Study by Stenlund et al. (2005)

- Improvement of physical activity, balance and coordination

Study Cohen (1998)

- Reduces the stroke risk and increases the effectiveness of medication in cases of hypertension

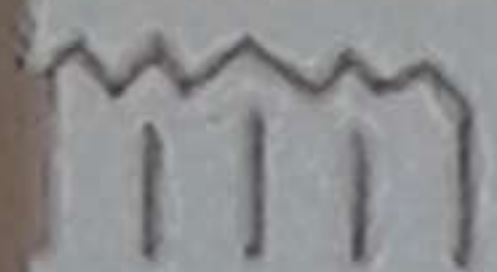
Study by Liu et al. (2011)

- Reduction of weight, improvement of leg strength, reduction of insulin resistance

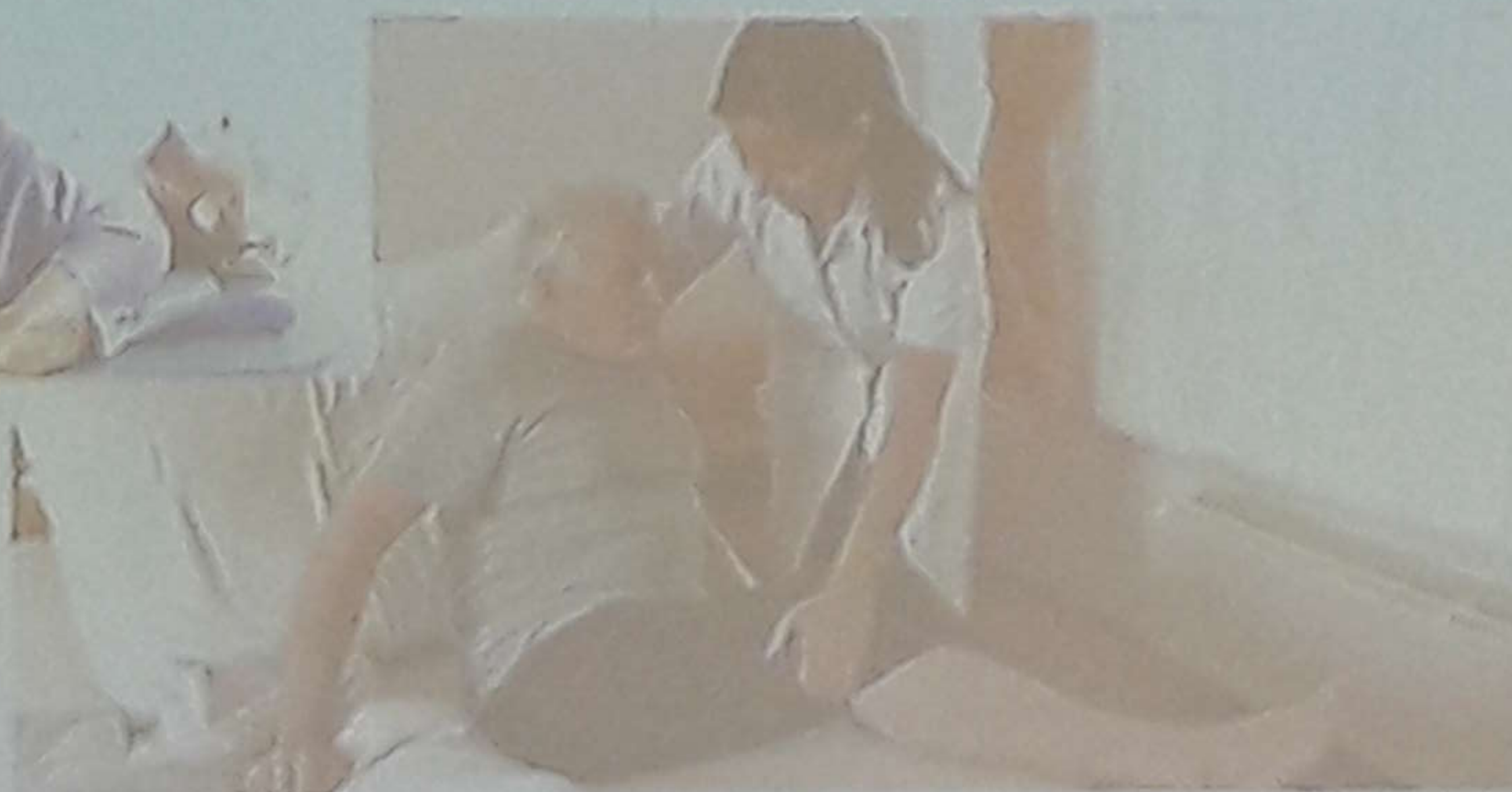
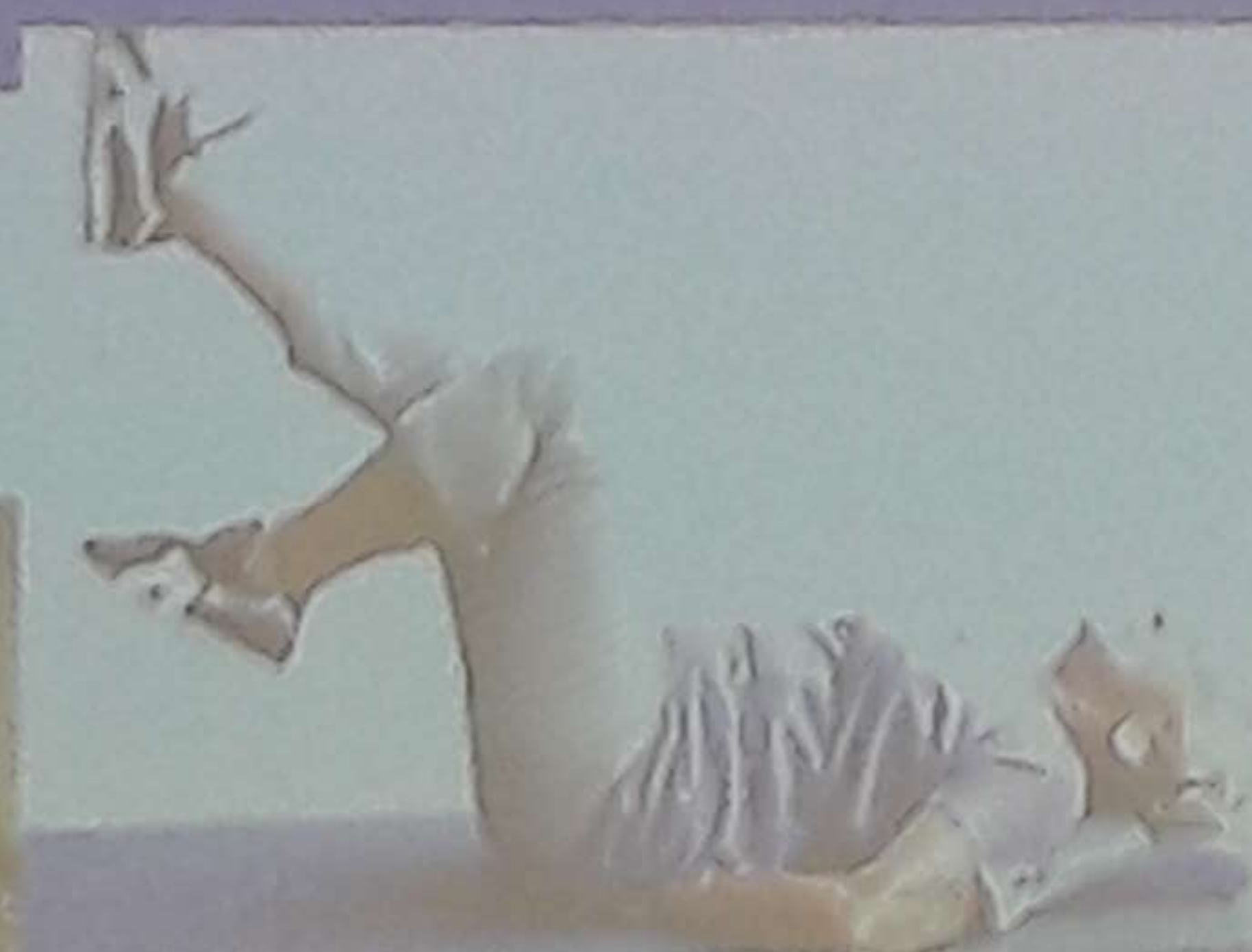
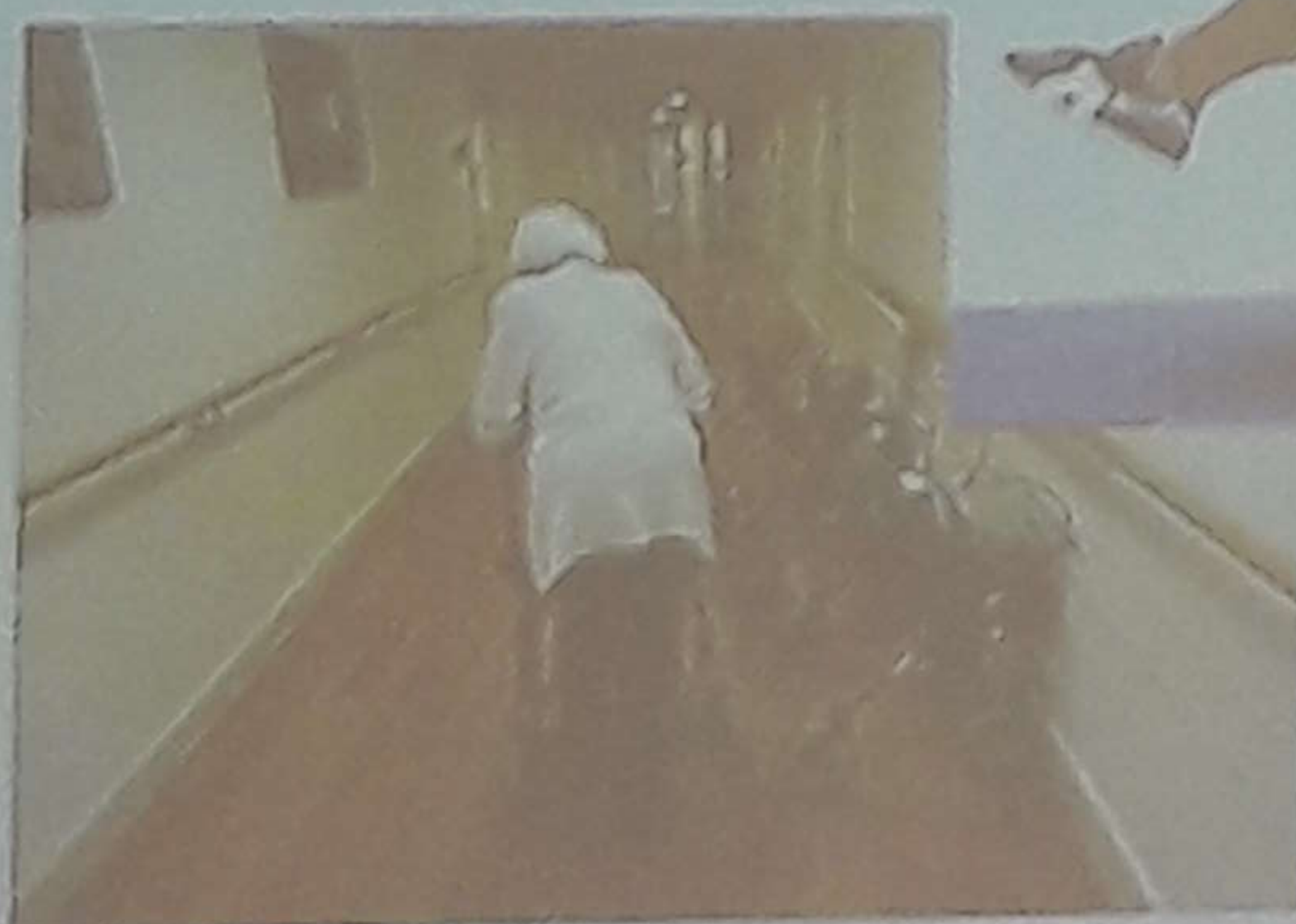
Study by Larkey et al. (2014) and Chen et al. (2013)

- Reduction of fatigue, depressive symptoms and sleep disorders





Functional limitations and care-dependency are not inevitable consequences of chronic illness or age, rather more their manifestation is influenceable through rehabilitative interventions.



Tián Shēn Qíng
健身运动

1 Míng Xīn
冥心

2 Kǒu Chǐ
叩齿

3 Wēi Hān
微撼

4 Zhǎng Bào
掌抱

5 Yáo Huǎn
摇晃

Professional nurses have to be able to self-dependently “maintain, restore, promote, activate and stabilize the individual abilities of the people being nursed, especially within the framework of rehabilitation”

(PfBRefG, § 5, 2017)

Professional nurses have to be able to self-dependently “maintain, restore, promote, activate and stabilize the individual abilities of the people being nursed, especially within the framework of rehabilitation”

(PfBRefG, § 5, 2017)



~~„Rehabilitation before
nursing care“~~

„Rehabilitation
by nursing care“

Tian Shen Qiang

1. Ming Xi

2. Kou Chi

3. Wei Han

4. Zhang Bo





Effects of Health Qigong on Relieving of Symptom of Parkinson's Disease

Dr. Liu Xiaolei

Beijing Sports University

Email: liuxiaolei99@hotmail.com

Outline of the presentation



Parkinson disease (PD)



Complete and Alternative Medicine



Methodology





The trend of PD around world

Parkinson's disease (PD) is a progressive neurodegenerative disorder characterized by static tremor, rigidity, and postural disturbance (NCFCCPD, 2013) with a crude incidence rate of 4.5 to 19 per 100,000 people globally (WHO, 2006).

According to the Global Declaration for PD, there are 6.3 million PD worldwide, and it affects all races and cultures (EPDA, 2011).





In addition to the major motor symptoms caused by PD, patients experience complications including insomnia, excessive daytime sleepiness, autonomic dysfunction, dementia and depression (Xiaojia Ni et al., 2014) that has completely affect daily life.





Methodology

Participants

- 56 participants were recruited in the study.
- All participants were in Yan Tai Mountain hospital that diagnosed with PD;
- Able to walk independently, mental health state is normal and can follow the instructions;
- Have not other complications and able to participate in physical exercise.





Methodology

Participants

- 56 participants were recruited in the study.
- All participants were in Yan Tai Mountain hospital that diagnosed with PD;
- Able to walk independently, mental health state is normal and can follow the instructions;
- Have not other complications and able to participate in physical exercise.



Methodology

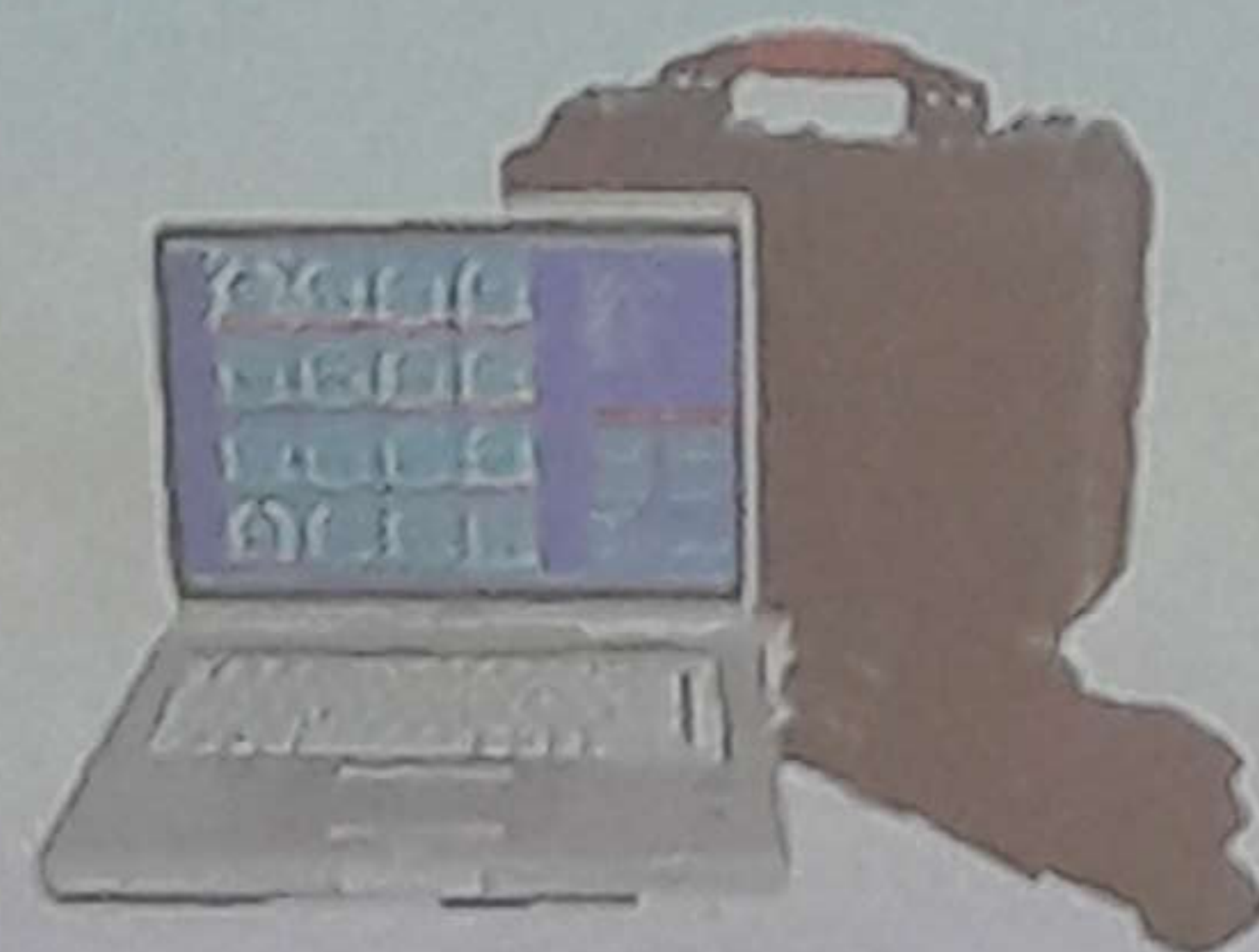


Instruments

Seven instruments were used to measure the outcomes of the 10 weeks Health Qigong exercise.

1. Heart rate variability (HRV) and Heart Rate and frequency of Heart (HR+fR)

- HRV reflected the activity of the sympathetic and the parasympathetic nervous system ;
- HR+fR reflected the function of respiratory system.



and HR+fR



Tian Shen Qigong Shi Er Dian
健身气功十二点
1 Ming Xin Wo Gu
冥心握固
2 Kou Chi Ming Gu
叩齿鸣鼓
3 Wei Han Tian Zhu
微撼天柱
4 Zhang Bao Kun Lu
掌抱昆仑
5 Yao Huan Lu Lu
摇环缕缕

Methodology

Instruments

2. Muscle hardness

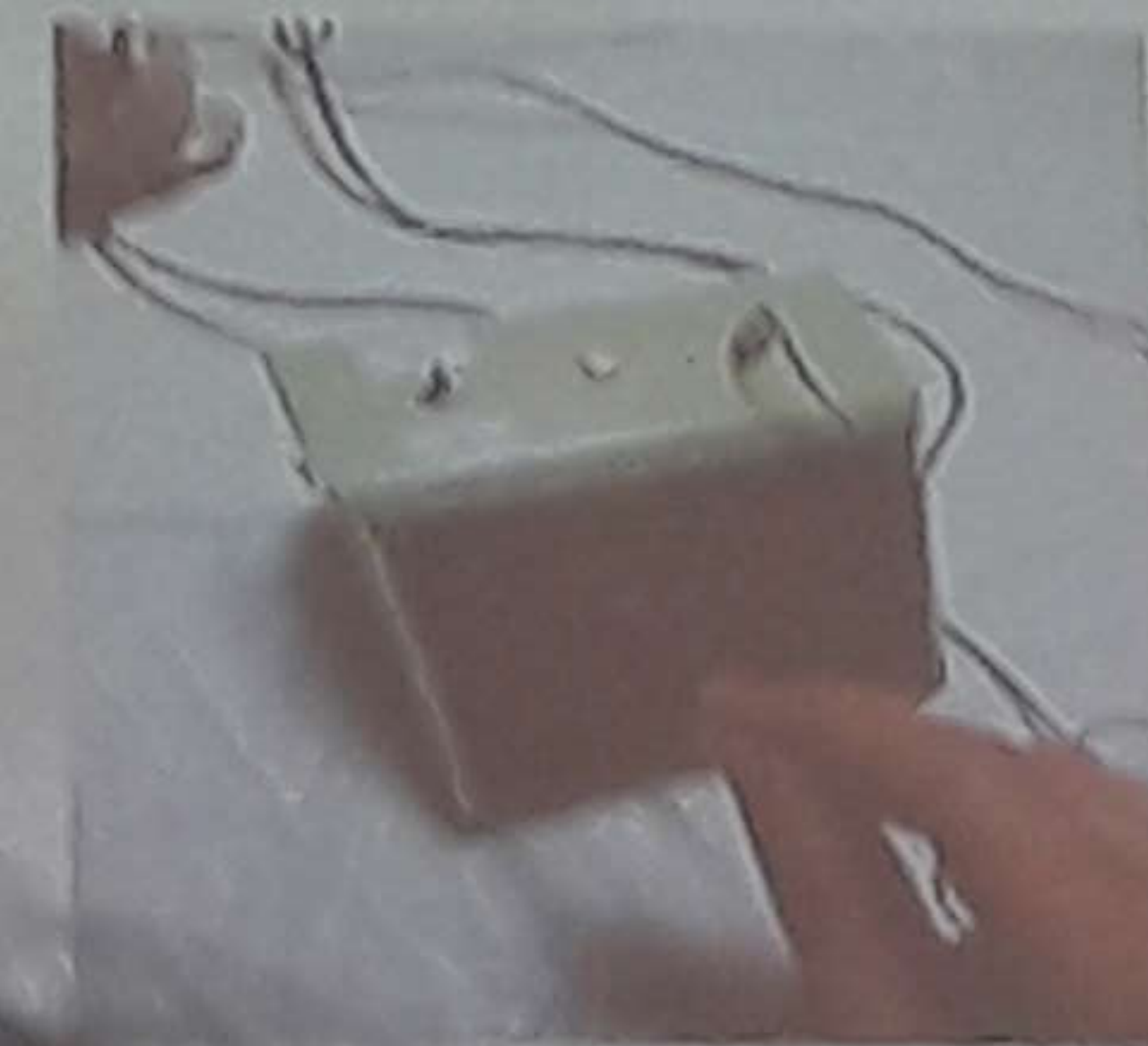
Used of the Myometry (Myoton-3) as shown in picture to test the Muscle hardness.



Myometry (Myoton-3)

3. Physical Stability

Use the BDW-85-II, nine holes instrument as showed in picture, to test the physical stability.



BDW-85-II



Methodology



Instruments

4. Physical coordination text

Used of the Timed "Up and Go" and "Turn-over-Jars" texts to evaluate the physical coordination.

5. Standing on one foot with turning a blind eyes text

The method to evaluate the PD patient's ability of balance.



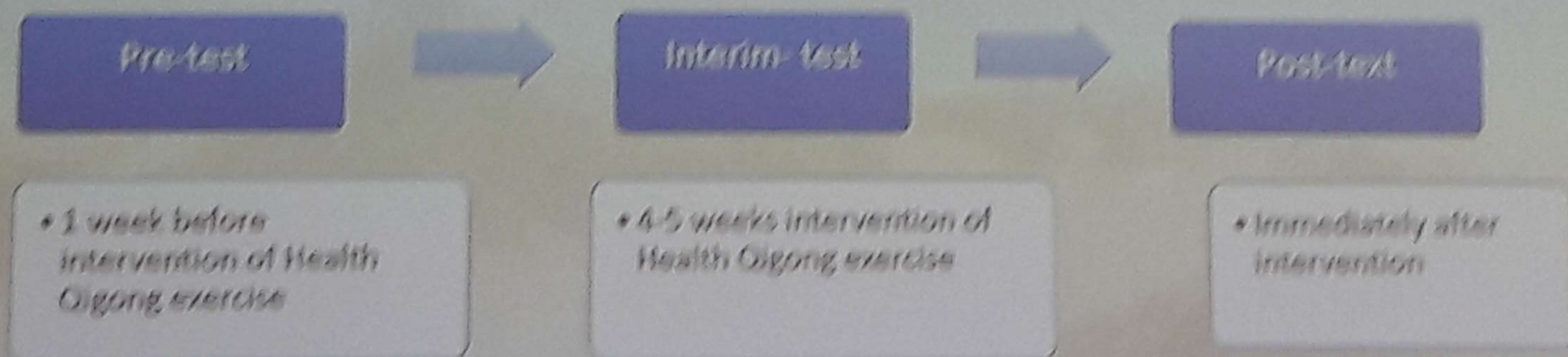
Tuan Shen Qian
1 Ming X
2 Kou Chi
3 Wen Han
4 Zhang Y
5 Yao A

Methodology



Experimental Design

- Participants were divided into two groups. Control group only had drug therapy. Experimental group had some exercises of Health Qigong besides drug therapy.



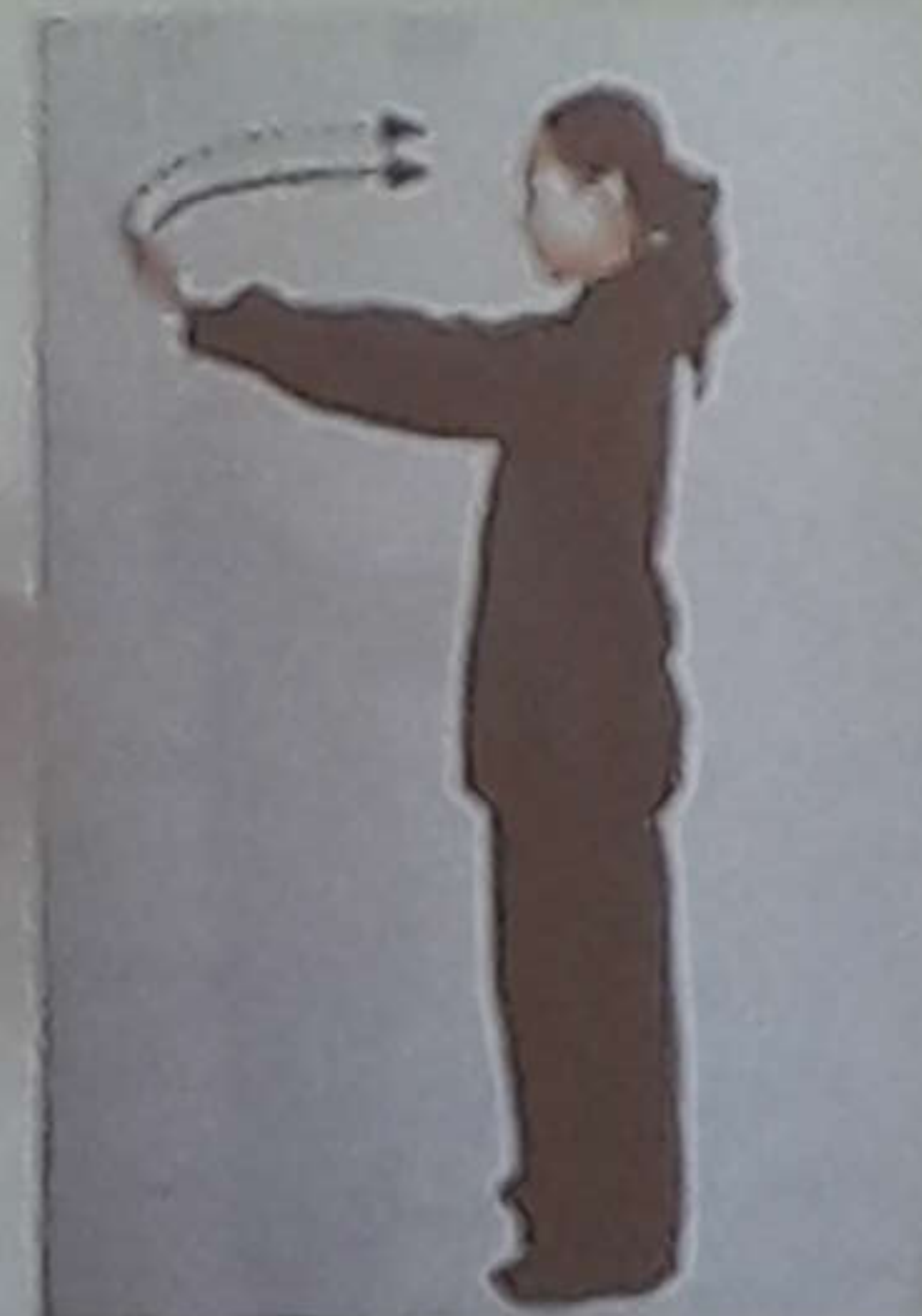
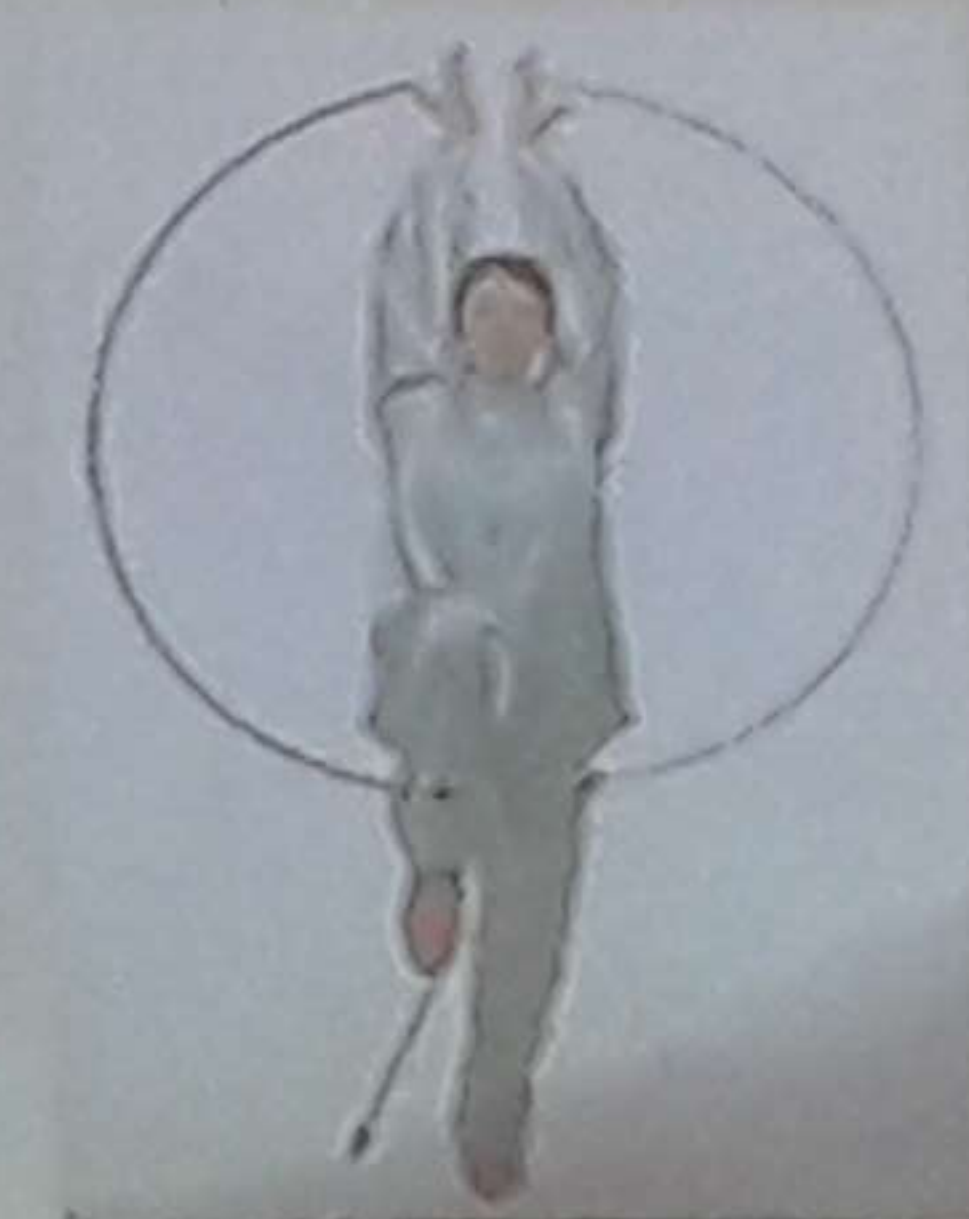
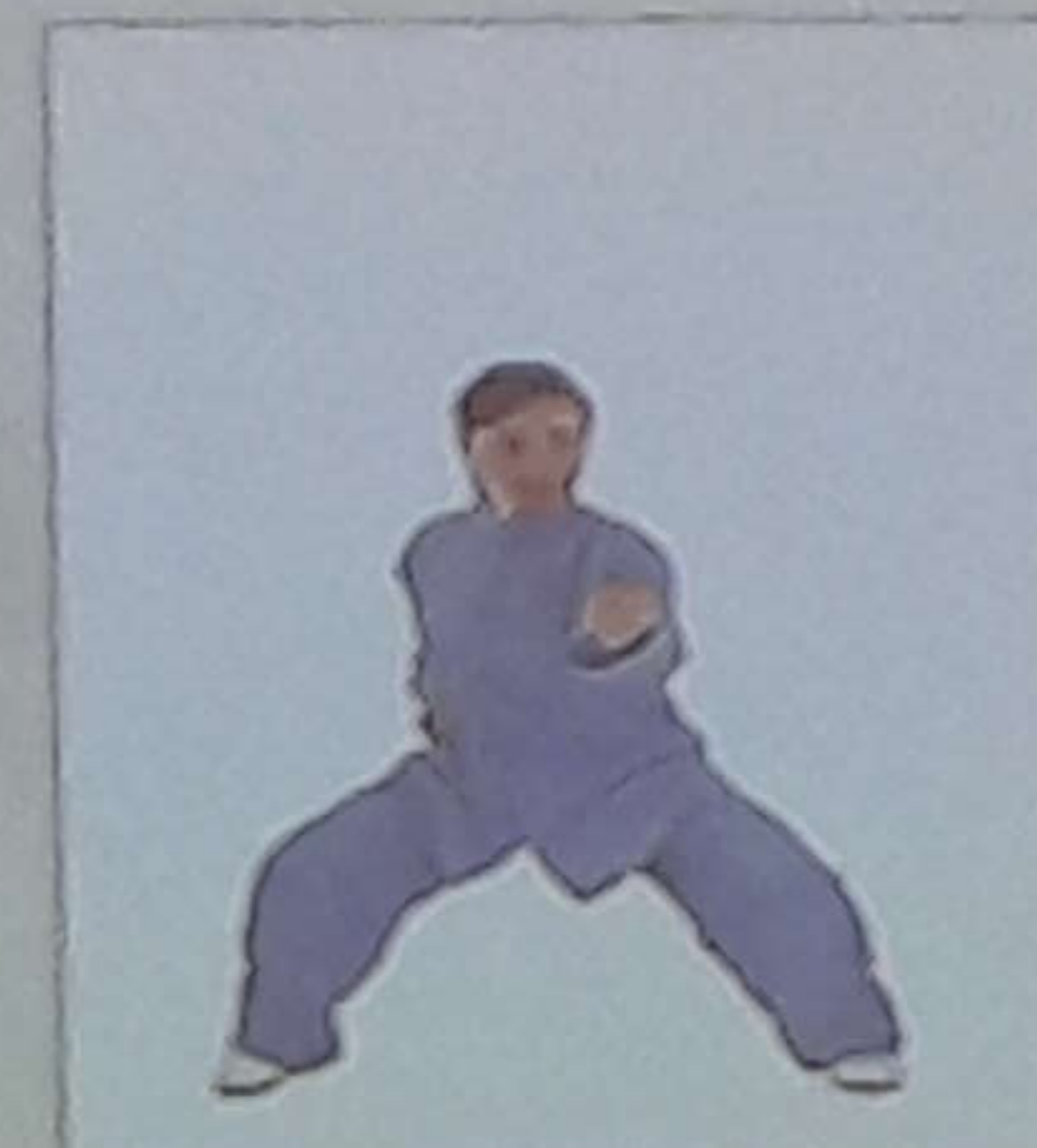
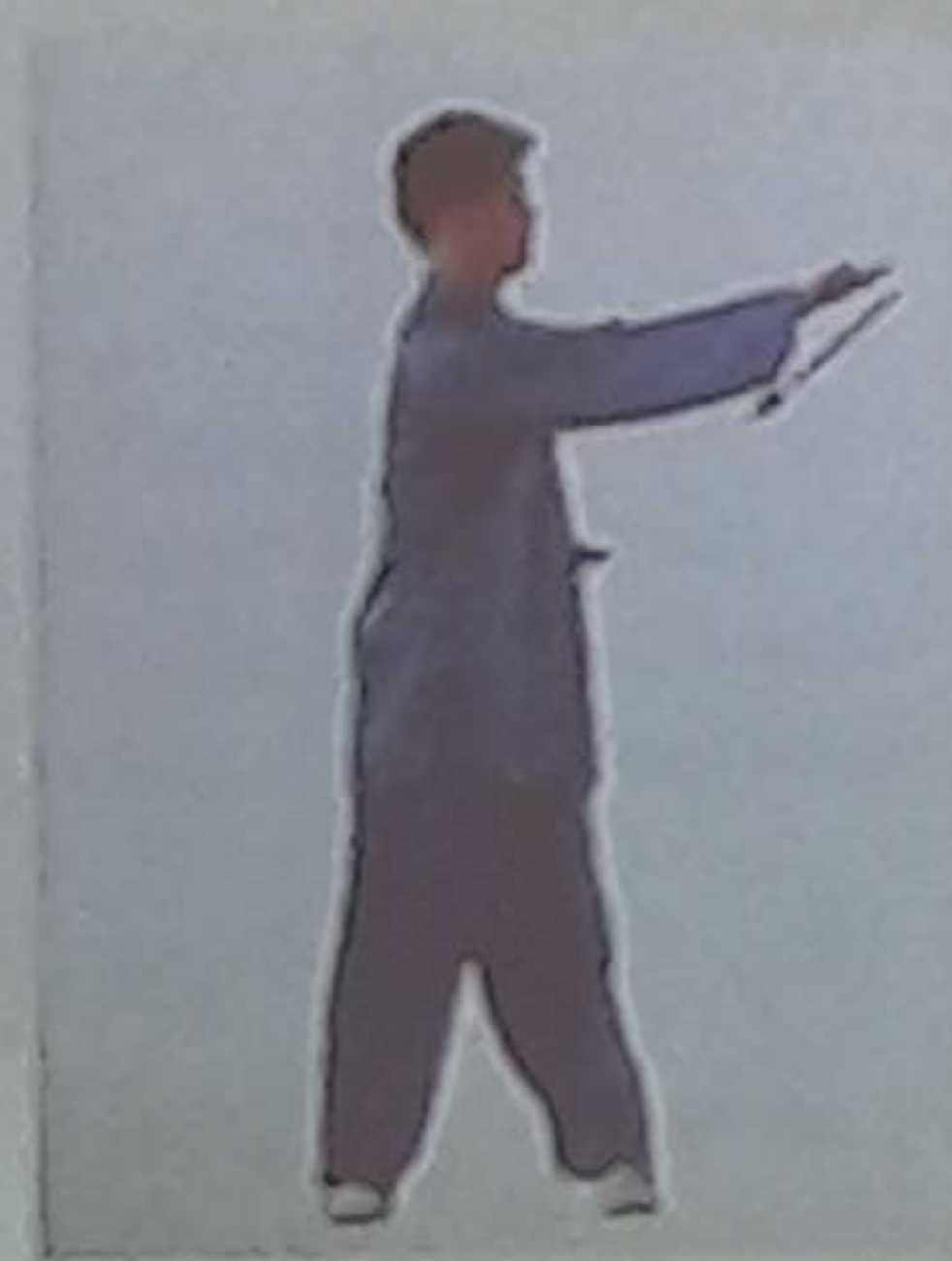
- Tests were conducted three times. Pre-test was done at 1 week before intervention of Health Qigong exercise; Interim-test was done during 4-5 weeks' time, and the Post-test was done immediately after intervention.



Methodology

Intervention

- Select 10 movements of Health Qigong focus on PD therapies, each movement practice three times, about 14-15 minutes whole form, that for improve Physical Coordination & Stability, balance, muscles, and so on.
- 10 movements

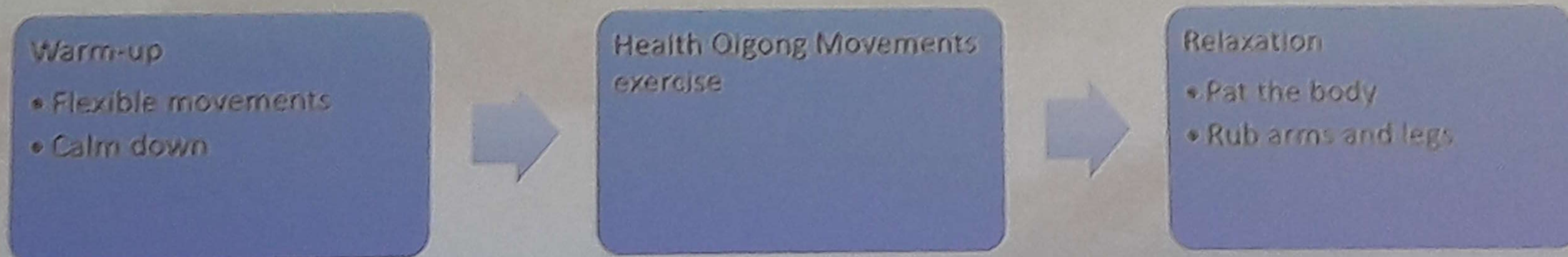


Tập Shen Qigong 24
1 Míng Xīn Wǎng
2 Kǒu Chǐ Mǎn
3 Wēi Hān Tiān
4 Zhāng Bào Kǎi
5 Yáo Zhuān Kǎi



Methodology

- Health Qigong exercise for 10 weeks, 5 days a week, 60 minutes per time. Each section, there were including 10 minutes warm-up, 40 minutes Health Qigong movements exercise and 10 minutes relaxation in the end .



Results



After 10 weeks' Health Qigong exercises, there are significant effects on the muscle hardness, balance, physical coordination, HRV and HR+FR of these PD patients.

Table 1 The results of the muscle hardness test of the pronator teres on left and right sides between two groups. (N/m)

Control Group (n=18)			Experimental Group (n=23)		
Pre	interim	post	Pre	interim	post
Left 257.28±39.08	256.72±38.59	252.67±40.05	280.00±55.30	251.17±38.29**	217.48±26.35**
Right 263.39±57.23	270.78±62.83	262.17±61.54	284.35±61.33	245.39±40.72**	229.96±35.73**



1. Ming Xin Wo Gu
2. Kou Chi Ming Gu
3. Wei Han Tian Zhu
4. Zhang Guo Jin Lue
5. Xiao An Lu Lu

Results

Physical coordination

From the tables we can find that after 10 weeks' Health Qigong exercise, the hand-eye coordination become faster for both hands than before; the speed of Timed "Up and Go" also significantly improved; So the Health Qigong exercise could improve the physical coordination of PD patients significantly.

Table 2 The hand-eye coordination test results on the right and left side (s)

	Control Group (n=18)			Experimental Group (n=23)		
	Pre	interim	post	Pre	interim	post
Left	9.00±4.90	8.68±4.39	8.51±3.50	8.05±2.90	6.94±3.38*	6.45±3.46*
Right	7.26±2.19	7.51±2.24	7.66±1.93	8.19±4.34	6.49±1.42*	6.22±2.35*

Table 3 The Timed "Up and Go" Test results between the control and experimental group (s)

	Control group (n=18)			Experimental Group (n=23)		
	Pre	interim	post	Pre	interim	post
Time	9.19±2.97	8.95±2.81	9.09±2.51	11.19±2.78	6.40±2.27**	6.92±1.38**

Table 3 The Timed "Up and Go" Test results between the control and experimental group (s)

1. Ming Xin Wo Gu
2. Kou Chi Ming Gu
3. Wen Han Tian Zhu
4. Zhang Bao Kun Lun
5. Yao An Lu Lu

Results

Balance

Table 4 The standing on one foot with turning a blind eye test on the right and left side (s)

	Control Group (n=18)			Experimental Group (n=23)		
	Pre	interim	post	Pre	interim	post
Left	7.93±4.40	7.94±4.23	8.25±4.27	7.21±4.51	9.20±5.33	11.13±8.50*
Right	5.42±2.83	5.29±2.99	5.60±2.89	6.93±3.93	9.36±5.44*	9.08±4.19*

The holding time of the practice "standing on one foot with a blind eyes" is significant longer than before and also longer comparing to control group, which shows the Health Qigong exercise could improve the balance on patients with PD significantly.





Gabriel International

Member of the IHQF

The German Health Qi Gong Association Düsseldorf

Health Qi Gong
in occupational and public health promotion



Betriebssport Gemeinschaft der Landeshauptstadt Düsseldorf
The health management program for the City of Düsseldorf



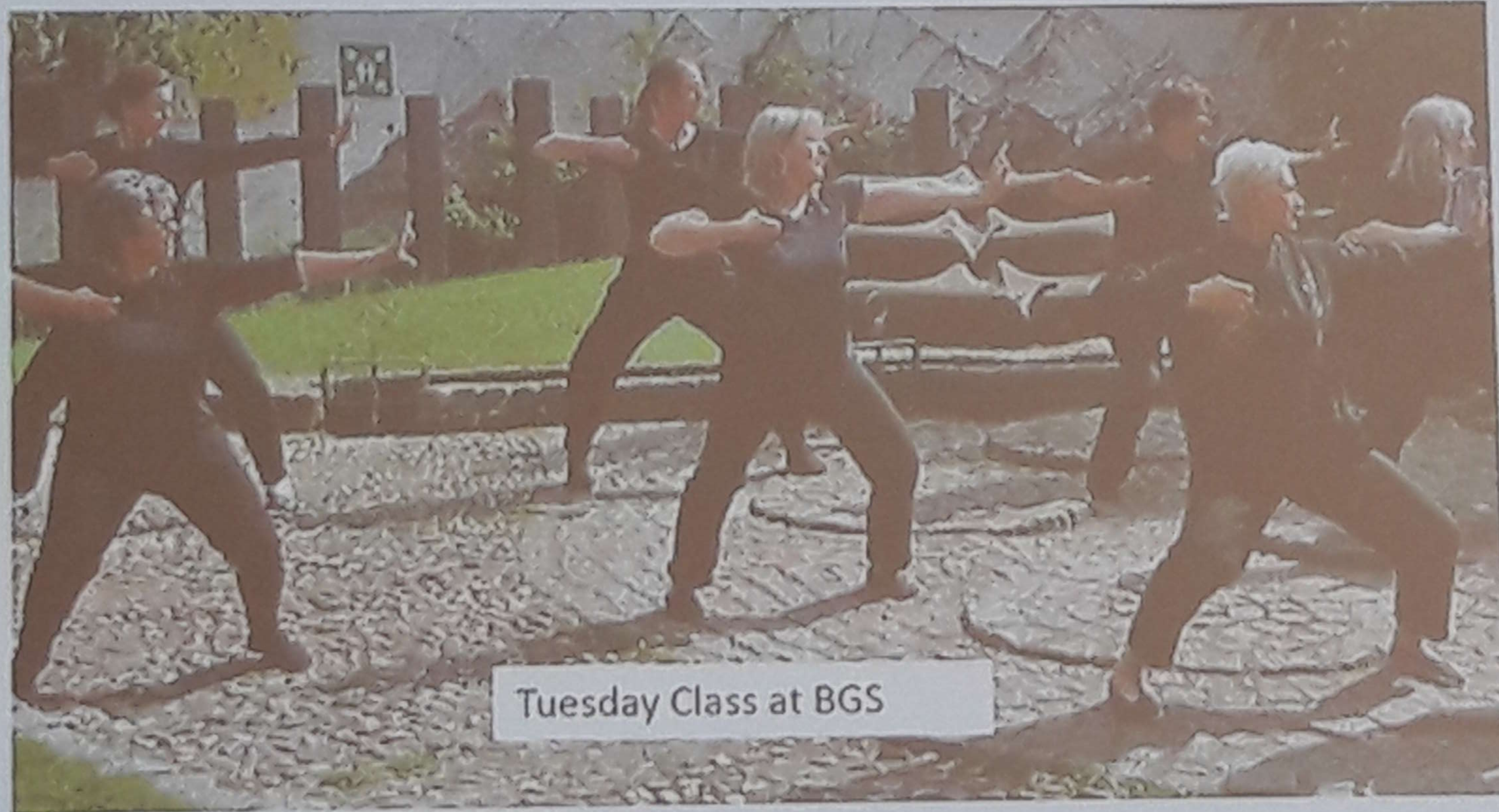
- From 2012 The city of Düsseldorf implemented Health Qi Gong in their official Sport Activity Program.
- The city employs approximately 10,000 people.
- 23 different Sport activities are offered to all employees to promote their general wellbeing.

Montag	Dienstag	Mittwoch	Donnerstag	nach Vereinbarung
Aquafitness ** 16.15 – 17.00 Uhr Düsselstrand Kettwiger Str. 50 (mit Anmeldung)	Rückenfit * 12.30 – 13.30 Uhr 13.45 – 14.45 Uhr Brinckmannstr. 5 Raum 1160	Aquafitness ** 16.15 – 17.00 Uhr Düsselstrand Kettwiger Str. 50 (mit Anmeldung)	Hallenfußball (Herren) 3 16.00 – 18.00 Uhr Schlütersstr. 18	Golf **
Hallenfußball (Herren) 1 16.00 – 18.00 Uhr Lindenstraße 140	Rückentraining Männer * 16.30 – 18.00 Uhr Fuldaer Straße 33	Yoga im TVG II * 17.10 Uhr – 18.40 Uhr Brinckmannstraße 5, Raum 1160	Tischtennis 16.30 – 20.00 Uhr Franklinstr. 41	Motorrad
Jiu-Jitsu 16.00 – 18.00 Uhr Blumenhalbe 11	Qi-Gong ** für Fortgeschrittene 10-er Kurs mit Anmeldung 16.15 – 17.45 Uhr Lennestraße 5	Fußball AH 17.30 – 19.00 Uhr BSA Ammerweg 16	Rückentraining Frauen * 16.15 – 17.45 Uhr Redinghoven Str. 41	Rudern auf dem Rhein ** (Partner BSG Germania)
Yoga * 16.00 – 17.00 u 17.00 – 18.00 Uhr Brinckmannstr. 16	Badminton 16.30 – 18.00 Uhr Franz-Rennefeld-Weg 15	Jiu-Jitsu 19.00 – 21.00 Uhr Blumenhalbe 11	Volleyball 16.30 – 18.00 Uhr Farberstraße 40	Tennis
Gymnastik (Damen) 16.30 – 18.00 Uhr Kirchfeldstr. 74	Rückengymnastik * 16.45 – 17.45 Uhr Lützenwicher Str. 2		Basketball 18.00 – 20.00 Uhr Farberstraße 40	Nordic-Walking **
Fitness und Entspannung * 18.00 – 19.30 Uhr Görresgymnasium Königsallee 67	Body Workout 18.00 – 19.30 Uhr Lützenwicher Str. 2		Pilates * 18.00 – 19.00 Uhr Redinghovenstr. 41 Gymnastikraum	Tanzen ** (Partner BSG Rheinbahn)
Zumba ** 10-er Kurs mit Anmeldung 18.05 – 19.35 Uhr Charlottestraße 110				Massage ** (private Kooperationspartner)
Bowling 18.30 – 21.30 Uhr Wimplener Str. 18				

*: 5 Euro Zusatzbeitrag monatlich

**: 10 Euro Zusatzbeitrag monatlich

Within the organisation of the health management two sectors have to be differentiated:



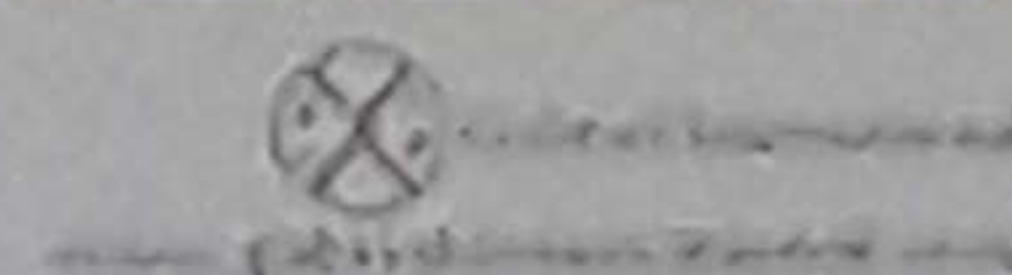
Tuesday Class at BGS

1. The Program of the BSG
2. The Health Management of the City of DUS offers the possibility to their employees to learn Qi Gong techniques throughout the year.
 - 4 classes are free of charge. 1 class accounts 10 training sessions.
 - Each class is 90 minutes and 45 min. of the training session is deducted from their professional duties.
 - 7,5 Hours of their full time employment is fully paid by the City of DUS.

2016 Düsseldorf Qi Gong Event

- Public promotion of Health Qi Gong
 - 3 days of activities
 - Health Qi Gong workshops
 - Symposium on health benefits
- Gabriel International project managed the event.
- Co operation between:
 - BSG/City of Düsseldorf
 - Gabriel International
 - TCM center
 - International Health Qi Gong Federation
- First time for a city sponsored Qi Gong event to be held in Germany

Im Rahmen des Besuches der Qi Gong Großmeister aus China
der International Health Qi Gong Federation
finden folgende kostenlose Veranstaltungen statt:



Kostenloses proaktives Qi Gong Seminar mit den Großmeistern aus China.



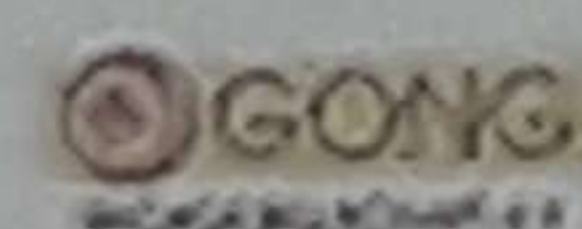
Datum 02.11.2016 von 16:00 – 18:15 & von 18:30 - 20:30 Uhr
Gesundheits-Qi Gong zum Kennenlernen und ohne Vorkenntnisse

Anmeldung bis zum 24.10.2016 erforderlich:

gm@gabriel-international.com

Adresse: KGS Thomas Schule - Sporthalle - Blumenthalstraße 11 – 40476 Düsseldorf

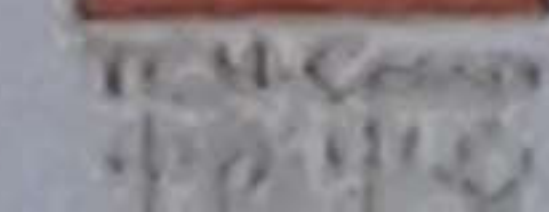
Kostenloses Symposium mit Vorträgen und einem proaktiven Seminar.



Datum 03.11.2016 von 19:00 – 21:00 Uhr

„China und die Gesundheit - Ganzheitsauffassung für ein gutes Leben“
wie Qi Gong Techniken in der westlichen Medizin präventive Wirkungen hervorrufen.
Dr. phil. Johann Böls, Universität Oldenburg.

Leiter des PTCH Projekt Traditionelle Chinesische Heilmethoden und Heilkonzepte



„TCM und Akupunktur verstehen und selbst anwenden um Schmerzen zu lindern“
Dr. Ying Dinkel, Universität Hunan.

Leiterin der medizinischen Abteilung des TCM Center in Düsseldorf

BA DUAN JIN with Mr. ZHUANG YONGCHANG



01. November 2016

Tian Shen Q
1 Ming
2 Kou C
3 Wei H
Zhang
Yan

Conference at the DCC Center about general health consciousness in China
with Dr. Dinckel – Director of the medical department TCM – DCC Center



03. November 2016



Health management program of the Healthcare provider
Siemens betriebliche Krankenkasse - Gesundheitswelten

Health Qi Gong Introduced:
2012 –**SBK Düsseldorf**
2013 - **SBK Mülheim**

- The SBK has a unique Healthcare program.
- Qi Gong is part of SBK program to facilitate sport and relaxation activities
- Classes started in Düsseldorf in 2012 and following their success there were introduced in Mülheim in 2013
- Classes are usually held twice a year at each location
- 80 % of the cost are paid by the SBK.





The occupational health management program of EON

- 2013 - Health Qi Gong was introduced to the energy trading company of EON.
- Initially classes were funded by Company health scheme.
- Classes are now paid for by participants. 80% of the cost is reimbursed by health care providers for ten to twenty classes per year.
- Following a split of the business. Classes are held at E.ON in Essen and Uniper in Düsseldorf



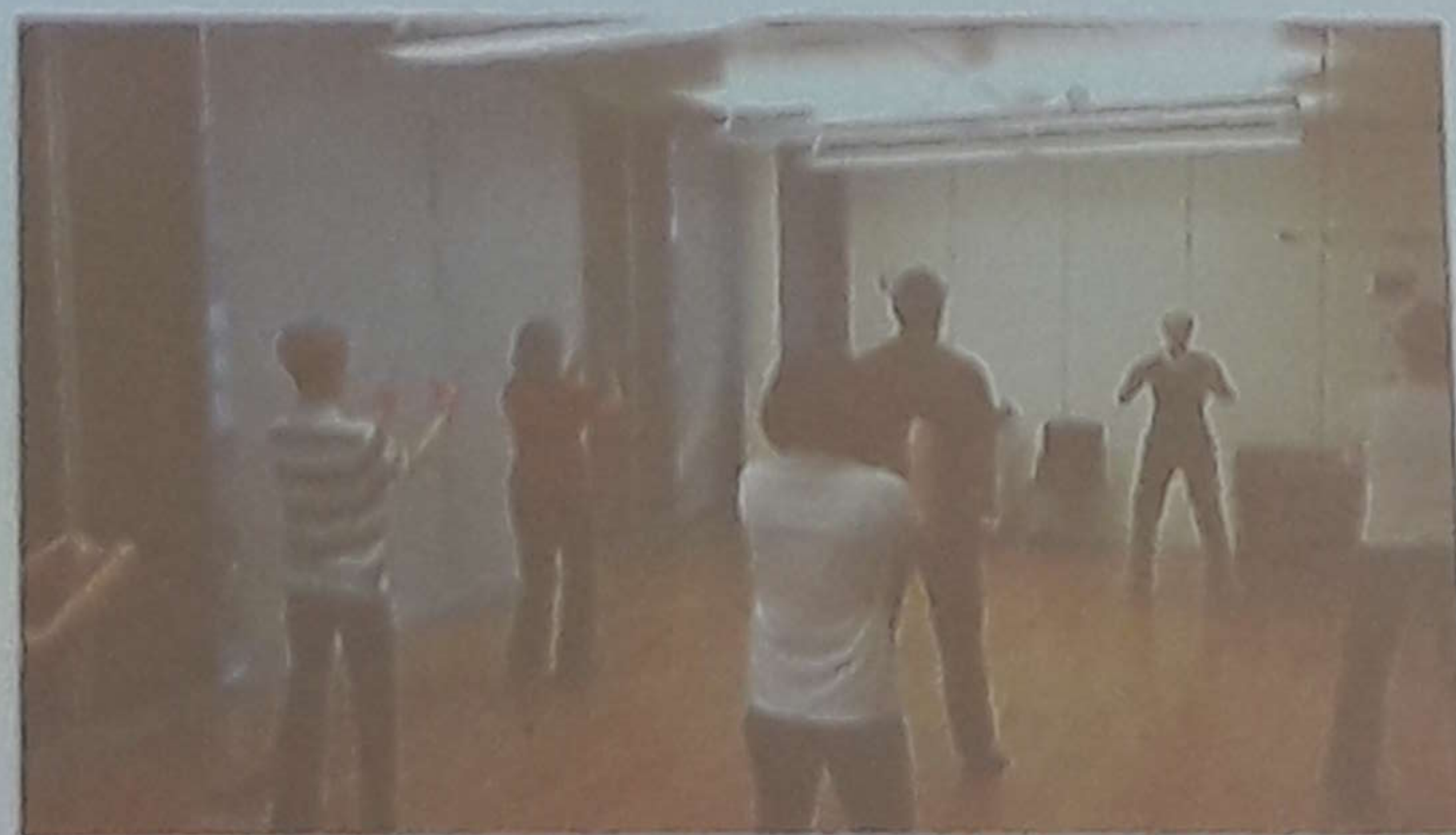
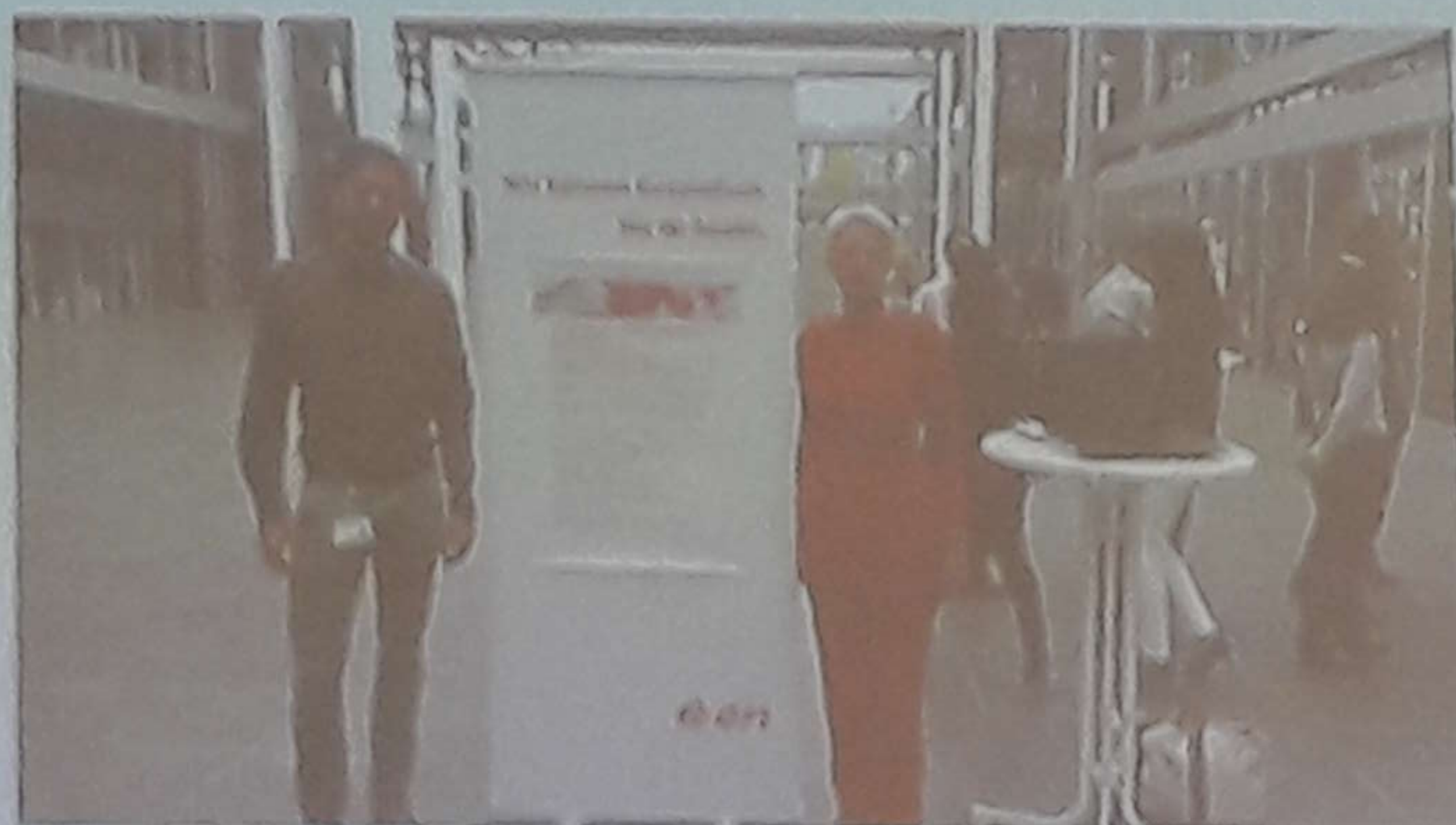
Tiān Shén Qì gōng Shí Èr
天 神 气 功 十 二
1 Míng Xīn Wǎo
明 心 晚
2 Kǒu Chí Míng
叩 齿 明
3 Wēi Hān Tiān
微 撼 天
4 Zhǎng Bào Kū
掌 抱 球
5 Yáo Huàn Lǚ
摇 环 履



The occupational health management program of EON

Company Health Days E.ON

- Qi Gong has formed part of E.ON's annual company health days since 2013.
- General information is provided about benefits of Qi Gong
- A trial class is held
- Many new participants have joined classes after these health days

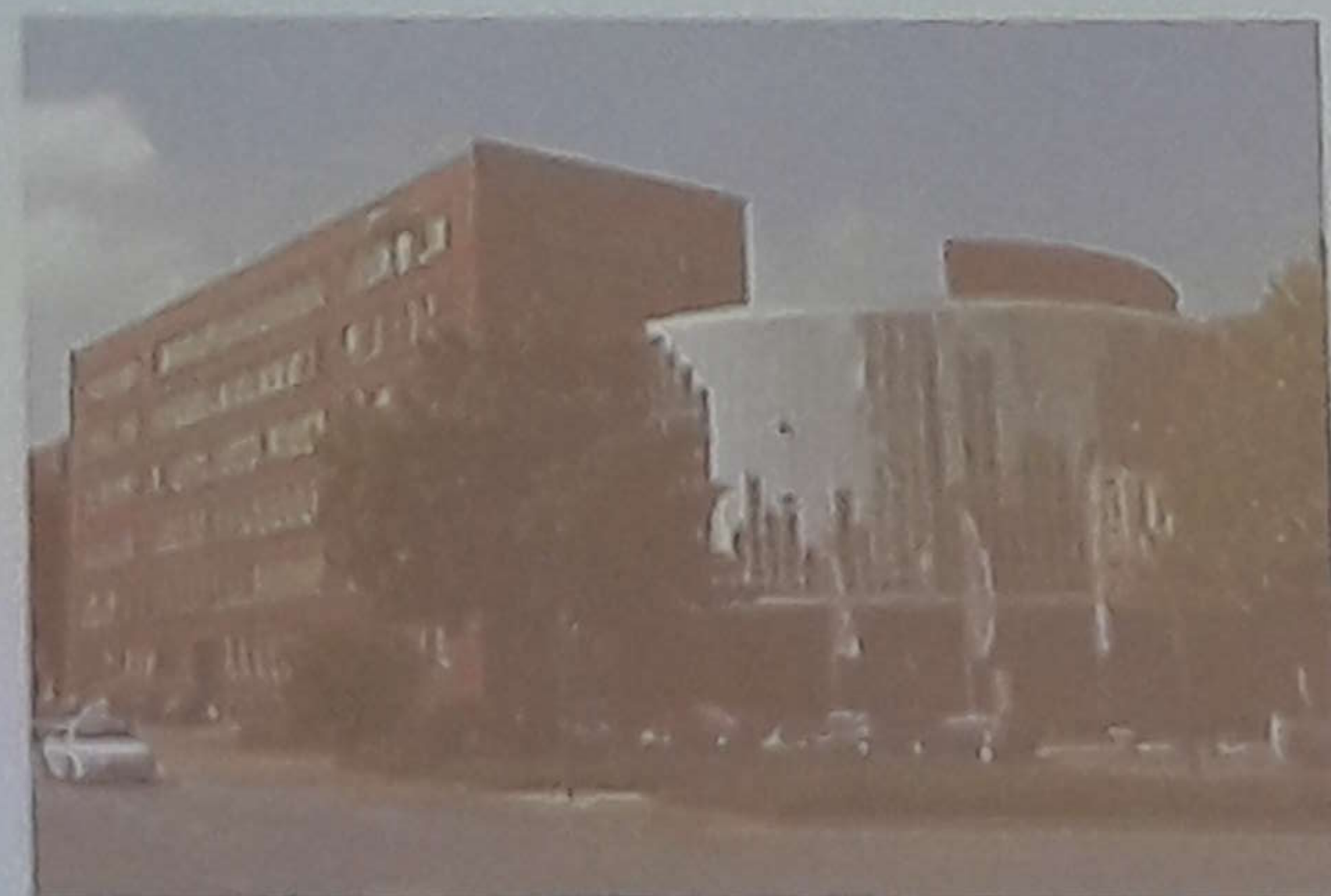


Tiền Môn Khí Công Khí Công Môn
1. Mĩng Xĩn Wĩ Gĩ
2. Kĩu Chĩ Mĩng Gĩ
3. Wĩ Hĩn Hĩn Zhĩ
4. Zhĩng Bĩn Kĩn Lĩn

SIEMENS

The occupational health management program of Siemens

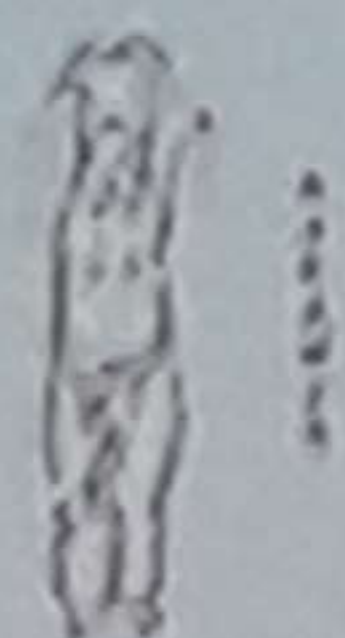
- 2012 - Health Qi Gong was introduced to the Siemens AG in cooperation with the SBK.
- Initially classes were funded by the SBK for employees who are insured by the SBK.
- Classes were held in the headquarters of Düsseldorf.
- 2013 – Qi Gong classes started in the location of Siemens in the city of Essen.
- Classes are now paid for by participants. 80% of the cost is reimbursed by health care providers for ten to twenty classes per year.



Tián Shén Qìgōng shì Er Deu J
1. Míng Xīn Wǒ G
2. Kǒu Chǐ Míng Gu
3. Wēi Hān Tiān Zhū
4. Zhāng Bào Kūn L



Einladung zum Qi Gong im Hofgarten



World Day für Qi Gong

Sonntag 13.08.2017 von 11:00 -18:00 Uhr

Liebe Qi Gong Freunde, und alle die mal Qi Gong ausprobieren wollen,
ein entspannter Qi Gong Tag in guter Gesellschaft erwartet
Euch alle im Hofgarten. Mitmachen und Freude haben.

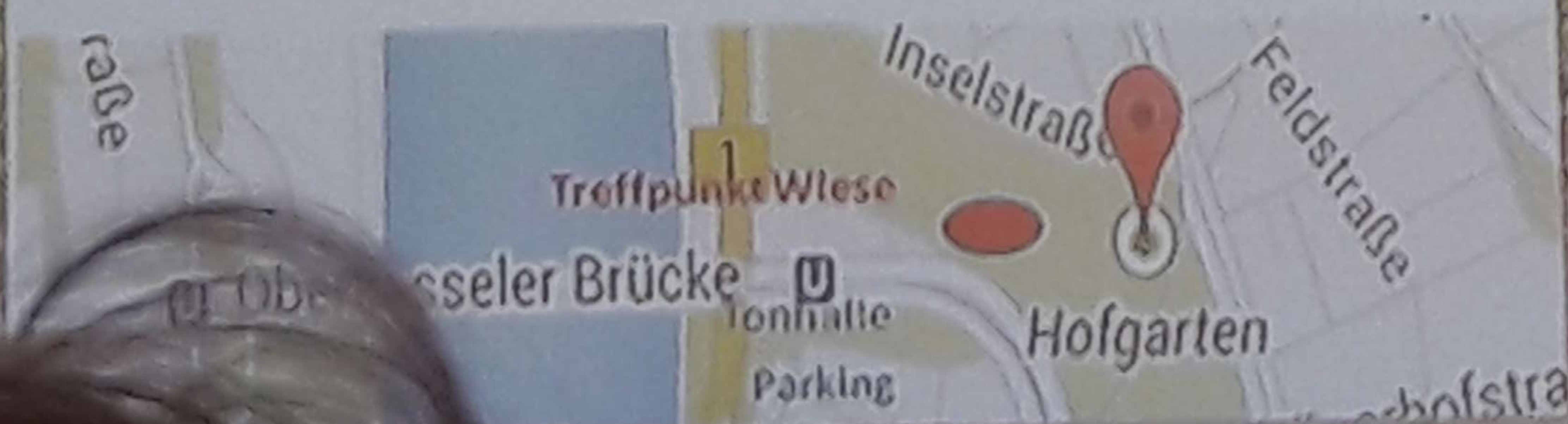
Die Teilnehmer der Qi Gong Kurse haben somit das Vergnügen sich
untereinander kennenzulernen und ihren Freunden und
Familienmitgliedern Qi Gong näher zu bringen.

Wir werden gemeinsam ab 11:30 Uhr Qi Gong Übungen durchführen
und sicherlich viel Spaß dabei haben.

Um ein Buffet zu organisieren, wäre es schön,
wenn jeder etwas zu essen und zu trinken mitbringt.

Beitrag: 5,00€ pro Person

Wichtig: bitte eine Anmeldung bis zum 10.08.2017 senden an:
gm@gabriel-international.com



The Chinese Festival is first and foremost of a cultural aspect.



2004 – The City of Düsseldorf is officially a Partner City with the City of Chongqing.

- 2005 – 2010 The Chinese Festival was organised by the DCC Center.
- 2011 – 2017 The City of Düsseldorf is organising the Festival yearly on the second Sunday in September.
- 2016 – 30.000 Visitors - 25 exhibitors are present .



Gabriel International

Gabriel International: Ihr ganzheitliches Konzept für die Gesundheit

The German Health Qi Gong Association Düsseldorf

Gabriel International

Fürstenwall 194

40215 Düsseldorf

www.gabriel-international.com

Büro: + 49 (0)211 / 416 584 81 - Handy: +49(0)172 763 0355

E-Mail: info@gabriel-international.com



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University of Applied Sciences

Requirements for a training curriculum “health qigong” in Germany

Prof. Dr. Willi Neumann
Berlin

23.7.2017

Titel	Seite	Thema	Seite
1	Ming Xin Wo Gu		
2	Kou Chi Ming Gu		
3	Wei Huan Tian Zhu		
4	Zhang Bao Kun Lun		
5	Xiao Huan Lu Lu		



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Frame conditions and experiences

Law to confirm health promotion and prevention

18.6.2015 Germany

Three fields of activity

1. **Individual health promotion** (Stress management, health promoting sports, nutrition)
2. **health promotion at the workplace** (Stress management, health promoting sports, nutrition, health promoting leadership behavior).
3. **Living environment:** learning, teaching, living etc. (Stress management, health promoting sports, nutrition).

Tian Shen Qigong Shi Er Deu Jin
1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th
1 Míng Xīn Wò Gu
2 Kǒu Chǐ Míng Gu
3 Wèi Hān Tiān Zhū
4 Zhāng Bào Kūn Lún
5 Yáo Zhuān Lǐ Lú



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Frame conditions and experiences

Guideline for Prevention 2017

Published by the statutory health insurances

Regulates

- the three fields of activity
- the accepted health care professions
 - the quality of accepted trainings
 - Licensing procedure of trainers

Tian Shen Qi Gong Shi Er Dan Jiu
1 Ming Xin Wo Gu
2 Kou Chi Ming Gu
3 Wei Han Tian Zhu
4 Zhang Bao Kun Lun
5 Yao Zhun Lu Lu



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Frame conditions and experiences

Guideline for Prevention 2017

Qigong defined
as **palliative regenerative stress-management**
Regulation and control of physiological und
psychological stress reaction
Coping in short term
relief and relaxation (**Palliation**)
Coping longterm efforts
regular recreation and relaxation (**Regeneration**)

Tian Shen Qigong Shi Le Bao Jie
1 Ming Xin Wo Gu
2 Kou Chi Ming Gu
3 Wei Han Tian Zhu
4 Zhang Bao Kun Lun
5 Yao Zhuan Lu Lu



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Frame conditions and experiences

**The ESF (European Social Fund) project
“Multiplier Training/ Health Promotion”
at the Neubrandenburg University**

To qualify health and social services
workers to plan and conduct prevention
trainings such as health qigong, stress
management and insight meditation
professionally.

1. Ming Xin Wu Gu
2. Kou Chi Ming Gu
3. Wei Han Tian Zhu
4. Zhang Bao Kun Lun
5. Yao Zhun Lu Lu



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Frame conditions and experiences IHQF curriculum: a draft, august 2016

Elementary

- | | |
|---------------------------------------|------|
| • Health Qigong Techniques and theory | 180h |
| • Culture and Philosophy | 90h |
| • Traditional Chinese Medicine | 114h |
| • Related Courses | 96h |
| • Tea ceremony experiences | |
| • Music appreciation experiences | |
| • Chinese Calligraphy experience | |
| • Tai chi (elementary) experiences | |
| • | |

Tian Shen Qigong Shi Er Dian
1 Ming Xin Wo G
2 Kou Chi Ming G
3 Wei Han Tian Zhu
4 Zhang Bao kun l
5 Yao Huo Lu l



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University of Applied Sciences

Frame conditions and experiences

The ESF (European Social Fund) project “Multiplier Training/ Health Promotion”

These **Mind-Body-Health-Intervention techniques** have been shown to be helpful for many health conditions.

The Mind-Body-Health-Concept has a leadership role in the promotion of health and prevention as well as in stress research.

- Tuan Shun Nguyen Shi Li Zhao Hu
1. Ming Xin Wo Gu
 2. Kou Chi Ming Gu
 3. Wei Han Lan Zhu
 4. Zhang Bao Kun Lun
 5. Yao Shun Li Lu



Hochschule Neubrandenburg
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Frame conditions and experiences

The ESF (European Social Fund) project

4 Health Promotion Certifications include:

Health Qigong

Multi- Modal Stress Management

Jacobson Training

ProgressiveMuscle**Relaxation**

Autogenic Training / Self Hypnosis

Handwritten list of names and numbers:

No.	Name
1	Ming An Wu Gu
2	Kai Chi Ming Gu
3	Wen Han Lan Zhu
4	Zhang Gu Kan Lan
5	Yan An Lu Lu



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Frame conditions and experiences

The ESF (European Social Fund) project

Huangdi Neijing, Yellow Emperor:

„there, where the thoughts are send, Qi also comes. There where Qi is, blood also circulates. When the blood circulates without any disturbances there is no suffering from illnesses.

On first sight it seems strange

trained in autogenic training and self- hypnosis it is easy to guide warmth to your hand by your own imagination. It is easy, when you know how.

1. Míng Xīn Wǒ Gù
2. Kǒu Chǐ Míng Gù
3. Wǒ Hān Lǎn Zhū
4. Zhāng Bào Kūn Lǎn
5. Yǐn Xuǎn Lǚ Lǚ



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Frame conditions and experiences

IHQF curriculum: a draft

- High morality as the base for the techniques
- Clear understanding of the foundational theories
- Sports with the guidance of philosophy and medical science
- Basic theories about the harmony between men and nature
- Theory of Yin /Yang and of the five elements
- Theory of Jing, Qi, Shen (Essence Qi spirit)
- Theory of the meridians (Jingluo)
- Anatomy, physiology and Biomechanics

1. Ming Xin Wu Gu
2. Kou Qi Ming Gu
3. Wei Han Tian Zhu
4. Zhang Cao Kan Lin
5. Yao Anlin Lu Lu



Frame conditions and experiences

IHQF curriculum: a draft, august 2016

each level 480 hours 12 weeks

Basic literature:

Daoism: I Ging, Lao tse, Zhuang zi,
secret of the golden flower (J.G. Jung)

Buddhism: Diamond sutra, heart sutra....

Confucianism: analects...

TCM: basic theories, tuina, psychology etc.

Requirements for a training curriculum "health qigong"

the roots of qigong:

Qigong in **martial arts**: iron shirt Qigong

Qigong in **religions**

- Buddhism: Wisdom / Enlightenment
- Daoism: Wisdom / Longevity
- Confucianism: development of the noble man / wisdom

Medical Qigong based in TCM / TCM is not only knowledge about curing illnesses but also knowledge about prevention

Daoyin Yangsheng Gong: Qigong for the cultivation of life



Requirements for a training curriculum "health qigong"

Health Qigong: a new development in China at Chinas universities on a scientific approach in cooperation with the ancient tradition

- Clear objective: prevention and promotion of health
- Science based
- oriented in primary prevention
- also helpful in secondary/ tertiary prevention

Definition: The skill of body-mind exercises which integrates the three adjustments of body, breath and mind into one.

"Like Psychotherapy but better -because it integrates the body" Prof. Liu Tianjun

Tian Shen Qigong

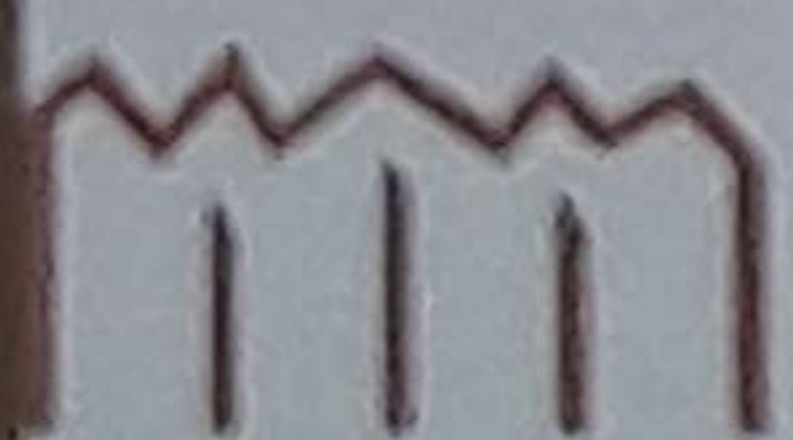
1. Ming Xin

2. Kou Chi

3. Wei Han

4. Zhang Ba

5. Yao Sh



Requirements for a training curriculum “health qigong”

**Health Qigong Curriculum IHQF draft is
highly corresponding with the draft of
Curriculum of the DVHQ**

Committed to Scientific quality assurance

_Elementary level = Trainer for qigong
courses (according to the demands of the
statutory health

Intermediate and Advanced level = Teacher