

Lee Holden - The Five Elements QiGong Online Program

About the Five Elements Online Course....

In the Five Elements online Qi Gong course, you will learn ancient Qi Gong healing secrets to awaken your body's innate healing abilities.

In other words... a grounded "healing framework" for physical, mental, emotional, and spiritual health with nothing but simple, easy-to-understand healing Qi Gong movements.

So, what are the Five Elements?

The Five Elements are core and fundamental to any Qi Gong practice. They are a reflection of your own internal energy in relationship to nature. They are:

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Wood

9

Water

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Fire

9

Metal

9

Earth

Now when you learn the Five Elements healing framework, you realize your innate connection to nature. And just like when you study an animal in its natural habitat, you must look at the larger ecosystem as well. If you don't, you miss the most important clues.

Your body is no different. Nothing in your body can be isolated from the rest of your body.

The All your organs have a physical function and an energetic function. Each function relates to one of the Five Elements.

In essence, the Five Elements is a healing framework. A framework you can use to recognize imbalances in your body, mind, emotions, and spirit... and heal them.

For example, one of the exercises you learn in week two, is how to use your breath as a tool for personal transformation.

Working with your breath is one of the foundational practice of Qi Gong.

Your breath is a reflection of your Qi... and can be used as a powerful medicine and healing elixir for your body. You'll learn how to use your breath to re-energize your body and transform stress into vitality.

How to heal yourself with your breath is just one of the many exercises, meditations, and techniques you'll learn in the Five Elements online course.

So in total, the Five Elements online training contains 30 hours of video instruction divided into eight self-paced video modules.

The videos in each module are broken out into individual videos based on their type: Q&A, Lecture, Meditation, and/or Routine. There are about five to seven videos in each module, depending on the module.

This means you don't have to spend time looking for a segment you want to rewatch in a four-hour video!

The course also contains journal prompts to help you integrate the material into your everyday life. Each prompt will take about five to ten minutes and is specially designed to turn the "theory" into "practice."

Get immediately download **lee Holden – The Five Elements Qigong Online Program**

The Five Elements Online Course Contains:

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Lifetime Access to 30 Hours of Online Video Training

N

Eight Self-Paced Video Modules

N

Journal Prompts

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50% off the Five Elements In-Person Immersion Retreat (\$600 value)

A Sampling of What We'll Cover in the Five Elements Online Course:

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How to use ancient Traditional Chinese Medicine wisdom to awaken your body's innate healing abilities with specific sets of Qi Gong exercises.

N

Discover the basics of Qi Gong. Build a solid, practical understanding of what Qi Gong is and where it fits into the world of Chinese Medicine

N

Learn the history of Qi Gong, which dates back over 2,000 of years! Qi Gong has a deep, rich history leading to a very highly-evolved healing system

N

Learn Taoist philosophy and discover the principles of flow, deep harmony with nature, and the art of effortless action

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Discover the three different styles of Qi Gong... learn the difference between Medical, Spiritual, and Martial Qi Gong (and why it matters)

N

Learn the basics of Qi Gong practice including Qi Gong Stretching, Qi Gong Flows, Qi Gong Postures, and energy-enlivening warm-ups

N

Discover basic Five Element Theory, which is one of the core principles of Chinese Medicine, and how to apply this powerful healing model into your daily life

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Learn the powerful "Inner Smile" practice... feel the energy of each of your organ systems, and learn how to use this blissful meditation to awaken your healing energy

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Discover how to use powerful Qi Gong Healing Sounds for physical, emotional, and spiritual health (use these to transform a negative emotion into it's positive counterpart!)

Here's How to Sign Up for the Five Elements Online Course

To sign up for the Five Elements Online Course, just click the "Register Now" button below.

You'll be taken to a completely secure checkout page with a form. Just fill out the form with the requested information and select your payment option. Once you complete the form, click the "Complete Purchase" button at the bottom of the form.

Afterwards, you will receive an email with instructions on how to immediately access the entire Five Elements Online Course.

Proof Content

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