

Qigong with Master Zhou

Classes are generally held every Saturday except the last one of the month.

They are held from 9:30-11:30 at:

“New Garden Friend’s School”- 1128 New Garden Road 27410, Greensboro

Class Guidelines

- **Fees-** \$20 each class, additionally there is a \$30 “**Entrance Fee**” that can be paid after you try the class 1-2 times.
The cost for teenagers (and younger) is \$10 each class.
- If you decide to become an ongoing student and pay the “entrance fee” please bring a picture of yourself (4 x 6 or so) with your name, birth-date, address and phone number on the back of the picture and fill-out the form from Tracy.
- **Sign-in / Payment-** Please sign-in and pay when you arrive to class.
Please be on time!!!
If you are late, sign-in when you arrive or at the break.
If the practice has started, please put the time of arrival next to your name.
- **Break-** The break is a time to rest and re-group. Please try to contain the energy by keeping talking and laughter to a minimum. This respects the teacher and the qi field that is created with the practice.

PLEASE do not start practicing yoga, martial arts, taijiquan (tai chi) or dance, etc. It is neither appropriate to the class nor respectful to the teacher.
Stay in the “qigong zone” as much as possible.

Please respect Master Zhou’s space and realize that he needs a break also- be mindful not to ask questions of him or take up his break time. Simple questions are fine. If they are more involved please write them down or discuss them with Tracy at a later time. If the questions are more treatment related or personal, please discuss them at a more appropriate time.
- **Questions about whether we are meeting or not-**

Call Tracy (c. 336-508-7906 or w.336-370-4399) if there is a question about class being held or not (due to weather, etc)

Do not call Hong Mei about class unless you cannot get Tracy.

Practice Guidelines

- **Watching**- Watch and apply what Master Zhou (or Tracy) is teaching / doing.
- **Hearing**- Listen carefully to the teaching. Beginning students need to understand the basics and advanced students need to understand more deeply what Master Zhou is trying to convey. Be patient and be present to what is being taught...even if you have heard it before there is probably something in the teaching for you.
- **Applying**- When you are practicing in class try to deeply feel each movement. Always ask yourself if you are applying the principles and doing the movements correctly.
Feel, explore, apply and try to remember what Master Zhou is saying or showing, even if you have done qigong for many years.
- **Questions about Practice**- If you have any questions about the correct way to do something ask Master Zhou or Tracy.
- **Teaching**- Please talk to Master Zhou and Tracy if you want to teach what you have learned. This is a common courtesy and respect to ones' teacher and a requirement of Master Zhou.
- **Change your Mind**- When you come to qigong class it is very important that you come with the understanding that you are entering the "qigong state". You need to leave the "outside world" out of the space and especially out of your mind. Even if the practice is similar to yoga, taiji or anything else that you do-keep in mind that you are doing qigong.

Also, check yourself (often) → if you are tight, loosening up the body and relax your mind. Check to see if you are doing the form correctly. When you are practicing do not think about your personal life. Be diligent about your practice and try to change what is not right.

The first "requirement" to go deeper into qigong is "***Dao De***"- having good virtue. The next is to "correct" what is wrong→ "*round every angle*". This relates to the forms and more importantly to our state of mind- the frequency of the mind that is brought into class and what we carry in life. When these two are applied we can have the correct state for qigong and have the basic foundation for the possibility of higher level qigong.

***WE COME HERE NOT TO JUST CHANGE OUR PHYSICAL;
WE WANT TO CHANGE OUR MIND!!!***