

Week 1

New Summer Session

July 13th, 2024

Introduction (Seated)

1. What is QiGong?
2. Reflections of Life (Previously Named Green Renaissance)
3. Appreciating Nature
4. Connect with Trees
5. Walk in the Forest and Absorb its Beauty

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Qigong for the Fire Element (By [Mimi Kuo-Deemer](#))
 - i. Parting Clouds
 - ii. Separating Clouds

Reflection

Reflections of Life (<https://reflectionsof.life>)

- Love of Trees
- <https://youtu.be/eW1cA8QDI3U>

Meditation

- Guided deep relaxation
- Awake

Week 2

New Summer Session

July 20th, 2024

Basics

1. Live a Simple Life
2. Money is not Everything
3. Material Things won't Bring you Happiness
4. Connect with Nature and People
5. Work on Your Garden

Training

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Qigong for the Fire Element (By [Mimi Kuo-Deemer](#))
 - i. Review – Parting Clouds
 - ii. Review – Separating Clouds
 - iii. **Crane Flying**

Reflection

Reflections of Life (<https://reflectionsof.life>)

- Happy in Nature
- <https://youtu.be/p2g8li7S-al>

Meditation

- Guided deep relaxation
- Awake

Week 3

New Summer Session

July 27th, 2024

Basics

1. Preventative Healing
2. Avoid Unnecessary Luxuries
3. What's your footprint in the Environment
4. Balanced Life
5. Experience life to the Fullest

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Qigong for the Fire Element (By [Mimi Kuo-Deemer](#))
 - i. Review – Parting Clouds
 - ii. Review – Separating Clouds
 - iii. Review – Crane Flying
 - iv. **Redheaded Crane Delights in Seeing Its Mate**

Reflection

Reflections of Life (<https://reflectionsof.life>)

- Living the Balance
- <https://youtu.be/Sb5HoQKH8ZE>

Meditation

- Guided deep relaxation
- Awake

Week 4

New Summer Session

August 3rd, 2024

Basics

1. Life as Self-sufficient as Possible
2. Appreciate Life
3. Express Nature in Art
4. Love what You Do
5. Make a Difference in the World

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Qigong for the Fire Element (By [Mimi Kuo-Deemer](#))
 - i. Review – Parting Clouds
 - ii. Review – Separating Clouds
 - iii. Review – Crane Flying
 - iv. Review – Redheaded Crane Delights in Seeing Its Mate
 - v. **Lifting Ball**

Reflection

Reflections of Life (<https://reflectionsof.life>)

- Beauty in Life
- https://youtu.be/hPGclp_9v2Q

Meditation

- Guided deep relaxation
- Awake

Week 5

New Summer Session

August 10th, 2024

Basics

1. Food is Your Medicine
2. Prevention is Better than Cure
3. Grow Your Food
4. Create a New Consciousness
5. Experience the Growth of Life

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Qigong for the Fire Element (By [Mimi Kuo-Deemer](#))
 - i. Review – Parting Clouds
 - ii. Review – Separating Clouds
 - iii. Review – Crane Flying
 - iv. Review – Redheaded Crane Delights in Seeing Its Mate
 - v. Review – Lifting Ball
 - vi. **Cultivating Qi**

Reflection

Reflections of Life (<https://reflectionsof.life>)

- A New Consciousness
- <https://youtu.be/l-XWyNDxBJY>

Meditation

- Guided deep relaxation
- Awake

Week 6

New Summer Session

August 17th, 2024

Basics

1. Enjoy Sunrises and Sunsets
2. Know what you want and have the Patience to let it happen
3. Good Things Take Time to Manifest
4. Nourish and Nurture your Dreams
5. Be Present and In the Moment

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Qigong for the Fire Element (By [Mimi Kuo-Deemer](#))
 - i. Review – Parting Clouds
 - ii. Review – Separating Clouds
 - iii. Review – Crane Flying
 - iv. Review – Redheaded Crane Delights in Seeing Its Mate
 - v. Review – Lifting Ball
 - vi. Review – Cultivating Qi
 - vii. **Hands to Heart**

Reflection

Reflections of Life (<https://reflectionsof.life>)

- Happy to Be
- <https://youtu.be/KxjwT50c0mI>

Meditation

- Guided deep relaxation
- Awake

Week 7

New Summer Session

August 24th, 2024

Basics

1. Happiness is being Carefree
2. The Less you own, the less you Have to Worry About
3. We have so many Wants that don't satisfy our Needs
4. Pets offer you Unconditional Love, and Sometimes that's all You Need
5. A Positive Mind Will Result in Positive Circumstances

QiGong Exercises

1. Energizer Warm-Ups
2. Neck Exercises
3. Qigong for the Fire Element (By [Mimi Kuo-Deemer](#))
 - i. Review – Parting Clouds
 - ii. Review – Separating Clouds
 - iii. Review – Crane Flying
 - iv. Review – Redheaded Crane Delights in Seeing Its Mate
 - v. Review – Lifting Ball
 - vi. Review – Cultivating Qi
 - vii. Review – Hands to Heart
 - viii. **Gathering the Energy**
 - ix. **Closing**

Reflection

Reflections of Life (<https://reflectionsof.life>)

- Less is More
- <https://youtu.be/kDv8GSHcFXy>

Meditation

- Guided deep relaxation
- Awake