

Special Topics in Mindfulness-Based Transpersonal Counseling

A course with variable topics for Mindfulness-Based Transpersonal Counseling in-residence students. Supplemental Course Description Fall 2019 Traditional Daoist Qigong comprises lineage-based practices that cultivate the body and mind simultaneously. Outer qigong techniques strengthen the muscular-skeletal system – joints, muscles, tendons, bones, and the spinal column. Inner qigong nourishes the internal organs and cultivates qi, or internal energy. Together, they support mental clarity, relaxation, and resilience. In each class, we will practice traditional qigong forms of movement and stillness, and discuss their lineage origins and their effects on health and presence. This course covers the forms and principles of Xiantienwujimen levels I-III.

Course Number: CNSM890

Unit: 2.0

Program: GRAD Transpersonal Coun