

## What we Offer:

- ☯ **guided practice, seminars and workshops** for large and small groups.
- ☯ **Introductions** to qigong practice offering a wide range of forms facilitating practitioners' discovery of the regimen most suited to their current needs.
- ☯ **Tailored instruction** for individuals as well as organizations
- ☯ **Intensive retreats** facilitating quantum leaps in group satisfaction, efficiency and productivity.
- ☯ **Home / Workplace Facility Factors** efficiency consulting and workplace analysis.



## What is Qigong (Chi gong)?

Qigong is the practice of cultivating one's personal communication/ connection with the intelligent energy of the world. Handed down through exclusive lineages through many generations, most Qigong forms have been profound secrets until relatively recently. Qigong is written as two Chinese characters; "Qi" is the active energy of the universe, and "gong" is cultivation / development of mastery. Qigong promotes the mastery of energy both internal and external, physical, emotional, mental and spiritual.



Resolve into  
Harmony

Facilitate  
creativity and  
teamwork in the  
workplace  
and beyond.

## Benefits of Energy Cultivation:

Improve the experience of self actualization, reduce anxiety, and release undesired emotions or compulsions.

Improve the physical energy level and overall sense of wellbeing in your group. Reduce absenteeism, presenteeism (present but unproductive) and stress.

Release tensions and improve understanding among associates enhancing co-operation, engagement, and creativity.

Enhance access to creativity, coordination and improve cooperation.

Reduce dependence on “energy boosting” substances. Overcome fatigue naturally and without side effects.

Contact:

### Conscious Movement Qigong

Michael Malone

828-669-9075

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## Current areas of Instruction:

**Zhening Qigong** The fusion of several lineages and one of the most widely practiced forms in the world is a medical system of qigong developed by Grandmaster Dr. Ming Pang in the 1970s and 1980s. We offer introductions to Zhineng tonng practices, Level I Lift Chi up Pour Chi Down, Wall Squatting and BodyMind Method.

**Shamanic Qigong:** This practice comes from the Mount Emei Zhen Gong tradition and employs mudras, mantras and the conscious direction of vital energies as well as breath and movement in order to facilitate enhanced experience of the chi field and the wellbeing generated by this connection. We are teaching Opening and closing practices for enhanced experience of the chi field. Shamanic Orbit Qigong, a simple and effective daily practice recommended for most beginning to advanced practitioners.

**Nei gong** or inner practice involves breath and conscious direction of energy with sound. Practices include The microcosmic Orbit, the inner Smile and the Six Healing Sounds.

**Taoist Philosophy:** We find it facilitates the experience of chi energy to explore the ineffable harmony and paradox of the human experience through the study of the Tao Te Ching.



## About the Instructor:

Michael Malone (Otter) is a longtime student of Psychology, Cosmology and comparative religion. He began the study and practice of qigong in 1986 and learned with Master Frank Chan in 1988. He practiced a great deal of UniversalHealing Tao qigong in the 90's. Since 2000 he has studied with Mingtong Gu, Zhongxian Wu, Richard Lierer Dirk Oellibrant and Genie Hardee among others. He has received more than 1000 hours of TCM and Qigong instruction from recognized teachers since 2002. Michael felt an immediate passion to share these powerful meditation enhancing practices when he learned one of the simplest forms of qigong in 1986. He has been instructing large and small groups since 1996.

Michael has received the following degrees and certificates: Bachelor of Science in Psychology, Meditation Instructor and Energy healing. Permaculture Design Certificate.