

Qinesiology Balances Using Five-Animal Play

With Amy Choi & Conrad Ho,

Co-creators of Qinesiology; Associate Faculty Members, Educational Kinesiology Foundation; Faculty and Trainer for China, Touch for Health School, International Kinesiology College.

Date & Times: 8-9 January 2011, 9:00 a.m. to 5:00 p.m.

Venue: 81-2133 Haku Nui Road, Captain Cook, Big Island, Hawaii.

Sponsored by: Carla Hannaford, Ph.D., Email: Heartconnect44@aol.com.

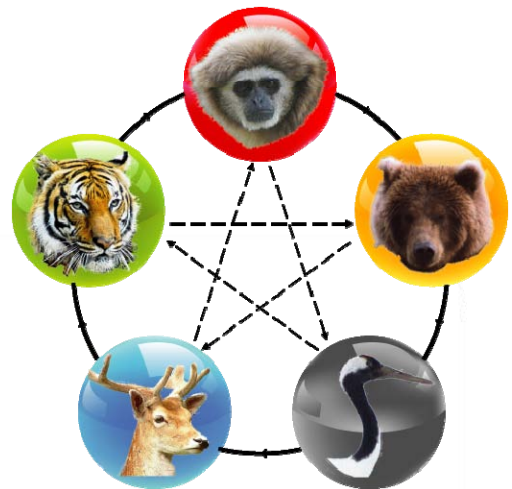
Course Fees: \$300 USD inclusive of a course manual, a book and a VCD on Five Animal Play and a certificate of attendance issued by Brain Body Centre Ltd.

Pre-requisite: Basic skills in muscle-checking

This 2-day workshop invites you to experience 5 balances as inspired by 5 animals in a set of qigong movements called Five Animal Play (五禽戲/*Wu Qin Xi*). We will use the 10 movements mimicking some “typical” behaviours of the five animals (two for each animal), which can be used by kinesiologists to do balances based on the Matter (精/*Jing*), Energy (氣/*Qi*), and Information (神/*Shen*) Model, *Yin* and *Yang*, the Five Elements and the Meridian system in Traditional Chinese Medicine. These Five-Animal Play balances are an ancient tool applied in a modern way, which aims at stimulating and maintaining smooth energy flow in the entire human system to foster health and integration.

Five-Animal Play is a set of qigong movements originally developed by Hua Tuo (華佗), one of the most famous Traditional Chinese Medical doctors in the Eastern Han Dynasty (25 – 220 AD). The five animals are:

1. Tiger (虎)
2. Monkey (猿)
3. Bear (熊)
4. Bird (鳥)
5. Deer (鹿)



Inspired by the perceived characters of these five wild creatures, Hua Tuo designed the movements to express the metaphorical meanings of each of the animal archetypes – the POWER of the tiger, the EASE and COMFORT of the deer, the STEADINESS and CALMNESS of the bear, the DEXTERITY of the monkey, and the AGILITY of the bird.

You will learn:

- The Matter-Energy-Information model of traditional Chinese medicine and Qinesiology
- Experiencing the Five Animals Play movements:
 - Tiger Play: Tiger Gripping (虎舉), Tiger Pouncing (虎扑)
 - Monkey Play: Monkey Scouting (猿提), Monkey Picking (猿摘)
 - Bear Play: Bear Turning (熊運), Bear Swaying (熊晃)
 - Bird Play: Bird Stretching (鳥伸), Bird Flying (鳥飛)

Deer Play: Deer Fighting (鹿抵), Deer Running (鹿奔)

- the breathing exercises and guidelines for breathing
- the metaphorical meanings of the animals
- the Five Animal Play balances

What is Qinesiology?

Qinesiology is the practice of stimulating *Qi* to flow more smoothly and abundantly in life using Kinesiology balances to achieve and upgrade the balanced state. The tools used are borrowed from Yoga, Pilates, Qigong, Kung Fu, and all sports, as well as expressive arts like dancing, music, role-playing, drawing, singing, and other daily life activities such as playing, eating, talking, breathing, and resting. We use the common 5-step balance format in which (1) we stimulate *Qi* flow in the body to get it ready for change; (2) set the goal; (3) perform certain "checks" to better know the current state prior to adjustment; (4) experience the adjustments; and finally (5) perform the same "checks" to gauge for improvements which provide the basis of decisions on what further to pursue. Ultimately, our focus is to restore, consolidate and upgrade the balanced state in the client. This balanced state is the foundation on which a healthy, growth-filled life is built.

About the Course Facilitators



Amy Wai-ming Choi

Amy is a professional trainer, facilitator, and pioneer in integrating kinesiology with traditional Chinese health-enhancing and brain-integrating techniques. Her mission is to facilitate balance, health and learning in herself and others. Since 1997, together with her husband Conrad Ho, she has been spreading Touch for Health and Educational Kinesiology in Hong Kong and mainland China. In 2006, she presented her first paper combining Qigong and kinesiology in Germany and later in America, Canada and Ireland. This marked the first international presentation of Qinesiology, which she co-created with Conrad. She and Conrad are co-founders and directors of Brain Body Centre Ltd. in Hong Kong.



Conrad Siu-chan Ho

Conrad is an explorer, adventurer, facilitator and coach of personal growth and natural healing. His mission is to facilitate the restoration, consolidation and improvement of a balanced state in himself and others. To achieve this balanced state and improve upon it, he has experimented with various movement traditions (Pilates, Gyrokinesis, Qigong, Chinese martial arts), spontaneous play (traditional games that kids of mainly Chinese cultures play), expressive arts (drawing, singing, role-playing, dancing, music) and traditional Chinese medical theories and practices. He has crystallized some of his insights into the *Rest Camp* series ("installing" the relaxed state as the default state in daily life), *Balancing Retreat* series (practicing systematic in-depth balances using whatever skills and resources the client may have access to in the moment) and *Life Foundation Balances* (balancing basic life functions, physical, energetic and informational; and expressing the authentic "I"). These are now offered in various places in China as components of Qinesiology.

Enrollment Form

Name:		Phone:	
Email:		Paid by:	
Address:			
I will need transportation from the airport (\$5.00/each way) _____.			
Times of arrival and departure: _____			
I will need accommodations (available ¼ mile from venue at reasonable price)_____			
Check Halemalu, The Place of Peace. www.halemalu.com			
Please send this form and \$50 USD to hold your place in the class by December 1, 2010 to: Carla Hannaford, Ph.D., P.O. Box 338, Captain Cook, Hawaii 96704 Information: (808)323-3945 (H) (808)987-8060			