

## Healing Qigong Certification Programs

A Self-Healing Life Path  
A Healing Career Path  
at the Leading Edge of Bodymind Healthcare

510-849-2878  
[www.bodymindhealing.com](http://www.bodymindhealing.com)

# Bodymind Healing Qigong Certification Programs

with Michael Mayer, Ph.D.

In this era of managed care, consumers want to learn self-healing methods to practice preventative medicine and become more self-reliant about their own health treatment. Though Western Medicine has been effective with many diseases and acute injuries, it has proved less beneficial for many of the “dis-eases” that are currently plaguing the American public. Here is an opportunity to learn from an award-winning leader in the field of Bodymind Healthcare:

- An integrative approach for the benefit of your own lifetime preventative health program
- Receive training to increase your ability to help to facilitate others’ self-healing, or
- Enter into a professional training track to become a Bodymind Healing Qigong Coach, or get a Bodymind Health Professional Certificate.

## What is Bodymind Healing Qigong?

Bodymind Healing Qigong™ (BMHQ) is an initiatory tradition composed of: a physical exercise system, a Self-healing Path, a way of spiritual unfoldment, a method of self-defense, and a practice for transforming your life stance. Bodymind Healing Qigong also incorporates the use of acupuncture, Western psychological methods, hypnosis, “focusing,” storytelling, and esoteric healing traditions such as alchemy.

## Six Certification Programs

Offered to Suit Individual Needs:

### I. Basic Bodymind Healing Qigong Practitioner (Level I):

For students who want training in the core methods of Bodymind Healing Qigong imparted to Dr. Michael Mayer in his 30 years of training with some of the most respected Tai Chi and Qigong Masters.

### II. Intermediate Bodymind Healing Qigong Practitioner (Level II)

### III. Advanced Bodymind Healing Qigong Practitioner (Level III)

### IV. Bodymind Healing Qigong Teacher:

For those who want to teach but not participate in the following coaching for individuals healing track.

### V. Bodymind Healing Qigong Coach:

For those who want to enhance their abilities to coach others in Bodymind Healing Qigong methods but are not on a mental health licensure track.

### VI. Bodymind Health Professional Certificate:

Oriented to mental health professionals who want to gain further expertise in bodymind healing methods to add to their practice.

*Design a program suited to your individual needs...*

*The curriculum can be completed by workshops, classes, a supervision/mentorship program with Dr. Mayer, and at home practice with supplementary materials such as DVD's (Inquire about creating a program suited to your needs).*

# Bodymind Healing Qigong Training: Curriculum

## I. Bodymind Healing Qigong Practitioner (Level I)

- Bodymind Healing Qigong includes practices from:
  - Set 1. Raising and Lowering Qi with Heavenly Palms
  - Set 2. Tai Chi Ruler
  - Set 3. Standing Meditation: Wuji and Yi Chuan Qigong
  - Set 4. Exercises After Standing to Disperse Stagnant Chi
  - Set 5. Ancient Taoist Healing the Internal Organ Exercises
  - Set 6. Yi Gin Ching: Boddhidharma's changing the muscles, sinews and bone marrow
  - Set 7. Ancient Animal Qigong—Introduction
  - Set 8. Spiritual Qigong Practices
  - Set 9. Walking Meditation
  - Set 10. Yang Style Tai Chi Chuan—First Cross Hands
- Introduction to the Four Levels of Meanings of the Movements
  - Self-Healing, Spiritual/shamanic purpose, Self-defense, Changing your life stance through shape-shifting.
- Introduction to Two-Person Self-Development Practices (Joining Hands).
- One Individual Bodymind Healing Qigong session.
  - 50% off regular price
- Mythic Journey Process - written.

Books/materials required: *Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi*.  
*Bodymind Healing Qigong* DVD.

## II. Bodymind Healing Qigong Practitioner (Level II)

- Bodymind Healing Qigong: Deepening your understanding of four levels of healing purpose of BMHQ.
- Movements: Checking alignment, flow, intentionality.
- Yi Chuan: Standing, Walking (Level Two).
- Long Form of Yang Style Tai Chi: Second Cross Hands, Left and Right Sets.
- Hua Tau's Five Animal Frolics (Bear, Crane, Monkey, Tiger, Deer).
- Eight System Linking Forms—Method of Two-Person Self-Development Practice:
  - Push and Roll Back - Rock the Baby
  - Snake Push Hands - Crane Splitting Hands
  - Emptying Bucket No Force Method - Wrapping Snakes
  - Taoist Immortal Paints a Heavenly Rainbow
  - Chen Man Ching's Linking Form: Roll Back, Press, Push
- Shamanic Joining Hands Training (*Shili*, testing)—Introduction to Shape Shifting into the Elements for Changing your Life Stance:
  - Dissolving Practices, Water Initiation, The Golden Ball, The Tree of Life, Caterpillar Reeling Silk
  - Enhance your Stance. Are you a Pushover? Transmuting your Life Issues: Next Steps on Embodying your Mythic Journey. Cultivating your Center Line, Equilibrium, Balance, Stance
- One Individual Bodymind Healing Qigong Session.
  - 25% off regular price
- Introduction to Self-healing Methods for Health Problems.
  - Hypertension, insomnia, carpal tunnel, arthritis, etc.
- Second Mythic Journey Process.
- Tai Chi Dance.

Books/materials required: Audio Tape, *Find your Hidden Reservoir of Healing Energy: A Guided Meditation*, Keynote DVD: *Qigong, Ancient Path to Modern Health*.

### III. Bodymind Healing Qigong Practitioner (Level III)

- Long Form of Yang style Tai Chi Chuan: Third Cross Hands.  
- Four levels of healing purpose for each movement.
- Yi Chuan Animal Forms.
- Animal movement correlation to organs/meridians.
- Yi Chuan Joining Hands: Two-Person Walking Meditation.
- Further steps in becoming an Adept of the Elements:  
Five Elements Form of Xing Yi, Bagua Circle Walking,  
The Tao of Sound and the Chi of your Voice, Two-Person  
Self-Development Practices.
- Self-Healing Methods for Health Problems: Training in  
Bodymind Health Applications oriented by condition  
(see Appendix II of Dr. Mayer's *Secrets...*book).
- Health Dance of the Animal Forms of Qigong.

Books/materials required: See handout.

### IV. Bodymind Healing Qigong Teacher

- Bodymind Healing Qigong Practitioner requirements to  
Level III.
- Knowledge of the healing purpose of all BMHQ movements.
- Yang Style Tai Chi Chuan: Left and Right Whole Set.  
- Four levels of healing purpose of each movement.
- *San Shau* Two-Person Self-Development Practices.  
- 88 movements (optional, for advanced teachers).
- Self-Healing Methods for Health Problems: Bodymind  
Health Applications oriented by condition (see  
Appendix II of Dr. Mayer's *Secrets...*book).
- Mentorship: Leading your own classes, and/or assisting  
Dr. Mayer in his classes (1 year, approx. 100 hours).
- Supervision of your classes by Dr. Mayer. Minimum of 10  
individual sessions.

Books/materials required: See handout.

### V. Bodymind Healing Qigong Coach Certificate

*Oriented towards acupuncturists, massage therapists, bodyworkers, Qigong teachers (who want to also focus on working with individuals' healing), nurses, mentors, and the general public.*

- Fulfill BMHQ Practitioner requirements to at least  
Level II.
- Coaching others, applying BMHQ in your practice, and/or  
assisting Dr. Mayer in his classes (150 hours).
- Training in Bodymind Healing methods (30 hours of  
classes 10 sessions of 3 hrs. each, or workshop equivalency).
- Practicum: Dr. Mayer works with you and other group  
members to give you the experience of the transformative  
dimensions of combining visualization methods,"focusing,"  
acupressure, breath-work and Qigong (18 hours of group,  
6 sessions of 3 hours each, each group member presents  
once).
- Supervision of your individual coaching sessions. Minimum  
of 5 individual sessions. Dr. Mayer listens to three tapes of  
your coaching sessions during individual or group  
supervision.

Books/materials required: See handout.

## VI. Bodymind Health Professional Certificate

*Oriented towards Marriage and Family Therapists, Psychotherapists, Psychologists, Licensed Clinical Social Workers, Counselors (Pastoral and others), Psychiatrists, Psychiatric Nurses, Naturopaths, etc.*

- Fulfill BMHQ Practitioner requirements to at least Level II.
- Individual sessions with your patients applying Bodymind Healing Qigong or *Bodymind Healing Psychotherapy*<sup>TM</sup> methods (150 hours).
- Training in Bodymind Healing Psychotherapy and Behavioral Health Methods (30 hours of 10 classes, each 3 hours, or weekend workshop equivalency).
- Group Practicum and Case Supervision in Bodymind Healing Psychotherapy. Dr. Mayer works with you and other group members to give you the experience of the transformative dimensions of this form of “Energy Psychotherapy” (30 hours of group, 10 sessions of 3 hours each, each person presents twice).
- Minimum of 15 case consultation sessions. Dr. Mayer listens to a minimum of 3 tapes of your sessions (part of these hours are fulfilled by Group Practicum).
- Required professional licensure and updated insurance in your area of expertise.

Books/materials required: See handout.

**What is Bodymind Healing Psychotherapy?** When a person needs help with problems of everyday living, a therapist must be able to weave together psychological theories and healing methods that fit the unique person and moment. The art of psychotherapy also requires transcending methodologies in order to meet a person in that place of raw humanness where contact is made with the deep source of one’s being. In this spirit, “Bodymind Healing Psychotherapy” draws from traditional forms of psychotherapy, Energy Psychology, bodymind and symbolic process approaches to healing, hypnosis, psycho-neuroimmunological research, and ancient sacred wisdom traditions.

## Disclaimers:

\* Depending upon where you are doing your Bodymind Healing Qigong Training, the above curriculum may be adapted or changed due to needs from external sources such as continuing education venues, certification boards of national organizations, university curriculum, or state regulatory agencies.

\*\* Please note the above certificates do not qualify you to give medical/psychological advice, and requires your knowing when to use appropriate medical professionals to assist you.

\*\*\* The above certificates are given by Dr. Mayer showing that you have completed the coursework and other more subjective criteria. Mere completion of the coursework is not the only criterion for granting these certificates. Dr. Mayer reserves the sole right for approving the student’s certifications at various levels.

\*\*\*\* *Legal Disclaimers:* Though Qigong and Tai Chi are known to be relatively safe methods of exercise, injuries may occur for a variety of reasons: not listening to your body, not following specifics of the instructor’s direction, inadvertent happenings. Costs for any injuries, or legal proceedings that a student may engage in for any reason, are to be borne by that student, and not by Dr. Mayer or the Bodymind Healing Center.

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**For more information please call:**

510-849-2878, or e-mail:

drmichael@bodymindhealing.com. For workshop and class schedule or to order related publications, see Dr. Mayer’s website *www.bodymindhealing.com*

**What others are saying about some of Dr. Mayer's  
Books/Publications upon which the  
BMHQ training is based.**

*A wonderful guide for learning the ancient healing practice of  
Qigong. Full of clear and practical exercises.*

—Dr. Wayne Jonas, Former Director,  
National Institute of Health, Office of Alternative Medicine

*A splendid break-through which will certainly contribute a new  
slant to meditative practice.*

—Dr. Larry Dossey, Author of Reinventing Medicine

*It was a very stressful time of daily terrorist attacks in Israel. I  
practiced Bodymind Healing Qigong exercises regularly to regain  
my calm. They relaxed my tight body and took my mind off the  
stress and worries to be more present for others, to help them deal  
with their fears, and find an oasis of tranquility in the middle of  
the war zone. I continue to use Bodymind Healing Qigong to ease  
every day stresses and bring me back to my inner sanctuary of  
equanimity.*

—Hana Matt, Teacher of “World Religions”  
Graduate Theological Union

*I liked your Bodymind Healing Qigong DVD so much that in  
the course I taught we started with two or three sections of it every  
day. It simply is a wonderful tape.*

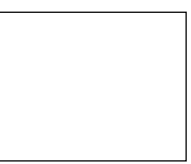
—Bessel Van der Kolk, M.D., Medical Director, The Trauma  
Center, Boston University School of Medicine

**Michael Mayer, Ph.D.**

Michael Mayer, Ph.D., has devoted the last three decades to practicing, teaching, and writing about the integration of ancient sacred wisdom traditions with modern bodymind healthcare. He is a licensed psychologist, and Qigong teacher specializing in self-healing methods for health problems. Dr. Mayer presents his approach to bodymind healing at professional conferences, universities and hospitals, and is a keynote speaker. He co-founded and is a member of a multidisciplinary medical clinic practicing integrative healthcare. Dr. Mayer pioneered the integration of Qigong and Psychotherapy, and was the first person in the United States to train doctoral psychology students in these methods. The World Institute for Self-Healing gave him an award for outstanding research and contribution to the advancement of mindbody medicine. He is author of ten publications on bodymind healing, including three books, a Bodymind Healing Qigong DVD, audio tapes on cancer and chronic disease, and articles on chronic pain and anxiety. His peer-reviewed article on Qigong and hypertension appeared in “The Journal of Alternative and Complementary Medicine,” and in the book *Healing, Intention and Energy Medicine*, by Dr. Wayne Jonas, past director of the National Institute of Health, Office of Alternative Medicine. Dr. Mayer served as a peer reviewer for the Journal of Alternative and Complementary Medicine, and for Complementary Therapies in Medicine. His newest book is *Secrets to Living Younger Longer: The Self Healing Path of Qigong, Standing Meditation and Tai Chi*. Michael's guiding image of “two streams becoming one” guides him as he blends ancient and modern, East and West, mind and body.



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*My philosophy is that psychological issues and bodily disease are “divina affliccios” (divine afflictions) giving us opportunities for psycho-spiritual growth, soul-making, and finding the source of healing.*

—Michael Mayer