

# *Soma Dao Qi Gong*



*Qi Gong Teacher Training and  
Medical Qi Gong Therapist Programs*



**Next Course Begins – March 25, 2024**

**Student Resources and Application**

**[www.somadaoqigong.com](http://www.somadaoqigong.com)**

# Contents

In this eBook you will find the following conversations about Qi Gong, links to longer or more specific articles from the website, a description of the entire Soma Dao Qi Gong Teacher and Therapist programs, certification process, and the student contract.

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## *Becoming a Qi Gong Teacher, Or a Medical Qi Gong Therapist*

There are countless benefits to a regular *Qi Gong* practice, especially if you can go to a group class. Either in person, or online. Once you have learned several exercises, discovered what you enjoy the most, you can go into Nature and practice in an even more immersive way.

I invite you to begin a life-changing journey of exploring your Self-Awareness, Conscious Embodiment, Breathwork, Meditative Stillness and Silence, Energetic Sensitivity, and Spiritual Renewal through the practice of *Qi Gong*. Your personal embodied energetic journey can also become a full time or part time career as you also learn the most effective ways to share your skills and experience with others.

This life-changing practice comes from both Shaolin Buddhist Monastic training methods and the ancient Indigenous Daoist Healing Traditions. *Qi Gong* is a path of dedicated and playful practice that reconnects you with your body, breath, the natural world, your authentic conscious self, and perhaps the Mystery of Life or Dao.

The world needs well-trained and highly competent *Qi Gong* Teachers and Healers, more and more everyday!

If you already have a personal practice or are teaching *Qi Gong* and are looking for new skills, forms, and advanced principles, there are 10 levels of unique practices and knowledge to learn from in the Soma Dao *Qi Gong* program. If you are not sure if you want to teach, take your time, and learn from these powerful skills, practices, and experiences as you decide.

If you are a clinician and/or want to become a Medical *Qi Gong* Therapist, this training includes and focuses on many of the scientifically proven skills and benefits of *Qi Gong*. The Medical *Qi Gong* Therapist Program (500 Hour) is based on the training I initially developed for teaching a 5-year Doctoral level program in Traditional Chinese Medicine and Medical *Qi Gong*.

*Imagine being able to help people improve their energy level, mood,  
fitness, mindfulness, adaptability, and patience.*

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## *Qi Gong Teachers are Needed NOW!*

In this time of higher stress, economic insecurity, spending more time at home, working, socializing, and learning online, becoming a Qi Gong teacher makes a lot of sense. Given the terrifying health statistics of the 21st Century, people everywhere are looking for guidance on how to manage stress and how to live a healthier and happier life.

This is especially true of the 'Baby Boomer' population. The epidemic of Obesity, Diabetes, Cancer, Autoimmune Disease, Infertility, and Alzheimer's Disease are all serious warnings that modern life is out of balance.

Imagine being a part of the groundswell of professional-level Qi Gong teachers who can be of service in many ways, for groups, and for individuals. Modern society needs more Qi Gong teachers. Most people would love some help and guidance as they cultivate a regular embodied practice to heal their lives, and to reconnect with the Universe in their own way.

Many people who have enjoyed Yoga for years are now being turned on to experiencing the unique qualities and benefits of a regular Qi Gong practice. These practices are very similar, and yet they explore different worlds with different tools.

My mission is to teach as many people as possible how to heal themselves, and to heal others from Chronic Illness, Trauma, and Addiction, through a combination of Qi Gong, Breathwork, and Somato-Emotional Release practices.

As a potential Qi Gong teacher, your opportunities to create and deliver your own courses are only limited by your imagination, and by how much of this life-changing practice you choose to learn and share.

## *Are You New to Qi Gong?*

If you are, consider this...

As a sentient being, who lives in a body, much of your existence is and always will be felt. Feel into your spine right now. If your spine could talk, what would it say?

How you feel physically, somatically, intuitively, instinctually, and existentially is who you are. How you feel in your Body and Being can determine your adaptability, your health, and all of the ways you consciously and unconsciously face and experience the world.

**Qi Gong is one of the oldest living Healing traditions and Spiritual practices in the world!**

And so much more...





## What is Qi Gong?

*Qi Gong (Chi Kung)* is an Embodied Healing and Spiritual practice that involves:

- Gentle and Rhythmic Movements
- Whole Body Relaxation
- Deep and Slow Stretching
- Transformational Breathwork
- Profound Immersive Stillness
- Meditative Presence
- Cultivating Spiritual Awareness
- Reunion with the Natural world



With regular practice, most people reawaken a subtle 'energetic' awareness of their somatic, physical, emotional, and instinctual experience. In Traditional Chinese Medicine, Qi Gong is considered to be the most potent form of healing!

This practice originated with the Indigenous people of Asia about 7000 years ago, as a form of healing, prayer, and communion with nature. At present, *Qi Gong* is practiced all over the world as a method of longevity, healing oneself and others, enhancing athletic and martial arts capabilities, as well as cultivating Spiritual awareness and a deeper connection with the seasons, weather, animals, and the natural world.



**Also called Daoist Yoga**, *Qi Gong* is world-renowned for its low impact exercise, gentle and scientifically proven health benefits. In the last two decades, an increased availability of instructors has made it possible for many people to cultivate this life-enriching practice and to transform their day-to-day lives.

There are literally thousands of different styles and lineages of Qi Gong. There are just as many purposes and unique intentions in this vast resource of practical embodied wisdom.



**The Soma Dao program** combines modern Qi Gong with the skills and principles developed in the Shaolin monastery, as well as the original Daoist practice called *Dao Yin*. This approach focuses on a gradual exploration of your instinctual embodied experience and vitality, your intuition and ‘energetic’ sense of the world and your relationships, and your existential journey of finding a balance of meaning and mystery in your Spiritual life.

In the higher levels of practice, you will also learn *Nei Gong* (Inner Cultivation) and *Nei Dan* (Daoist Spiritual Alchemy).

[TAP HERE for a Deeper Conversation about Qi Gong](#)

[TAP HERE for a Brief History of Qi Gong](#)



## What is a Qi Gong Class Like?

*“A Qi Gong class is like going dancing. The experience depends on the music that is playing.”*

Almost all *Qi Gong* classes, or solo practice sessions, are going to flow to the ‘rhythm’ of the following specific components of your practice. What you choose, how much time you spend with each, and how you play with flow, intensity, and stillness, becomes the music.

- Arriving in Your Practice
- Connecting with and Activating Qi
- Standing Qi Gong - for Alignment, Flexibility, and Co-ordination
- Traditional Practice Routines (Forms)
- Seated Qi Gong - for Deepening Your Awareness
- Breathwork
- Embodied Healing - Dao Yin and Nei Yang Gong
- Floor Work - similar to Yoga
- Meditation
- Qi Gong Theory, Principles, and Wisdom Teachings
- A Conscious Closing

The groups of exercises and the order they are presented reflect the way I usually guide a *Qi Gong* class. Some of my classes focus more on standing, some classes on sitting in a chair, and some on stretching on an exercise mat. Some classes that I teach are also silent to allow for the nervous system to learn through the instinct of mimicking and just following the flow.

How you decide to bring these exercises into your life, and how often, is up to you and your present circumstances. I encourage you, from the center of my Soul to take the time, if you can, and learn all of these exercises. Then 'mix and match' from all of those choices and develop a 40 - 60 minute standing and/or seated practice that is uniquely beneficial to you and your personal goals and limitations.

*"Then, commit to a daily practice. Or at least three days a week."*

[Learn More about the Elements of a Qi Gong Class](#)

## Your Mentor - Shi Fu (師傅)

**Dr. Michael Smith** was first introduced to Qi Gong, Meditation, and Martial Arts 44 years ago.

**Over the last 37 years**, he has had the good fortune of studying with lineage holding Masters of Martial Arts, *Qi Gong*, Daoism, *Chan/Zen* and Traditional Chinese Medicine (TCM). He is a co-founder of the prestigious Academy of Classical Oriental Sciences, the first full-time 5-year Doctoral program in TCM in Canada.

Michael is an internationally respected clinician, author, speaker, and professor. As a doctor, he focuses on a combination of Functional Medicine, Evolutionary Nutrition, Traditional Chinese Medicine, Meditation, Breathwork, and Qi Gong, to support those with Autoimmune conditions, Complex Trauma, and Addiction.



Early in his clinical career, Dr. Smith became aware of how many of his patients had undiagnosed PTSD, as well as how many were trapped in addictive behaviour.

While studying modern Trauma Therapy, Michael was surprised to see the similarities with the most ancient and Shamanic aspects of Dao Yin (the original form of Qi Gong). This inspired him to create the Soma Dao Qi Gong Process and Online Training Programs.

This integration of Qi Gong (one the oldest healing traditions in the world) with modern Trauma Release therapies ensures that everyone Michael trains is trauma informed, and highly competent in all aspects of Qi Gong.

*"It is my favorite experience to help others have 'Ah Ha' moments, as they learn something new and meaningful."*

# Becoming a Traditional Qi Gong Teacher

*"If you plan to learn or teach, start in the park!"*

If you are looking for a career helping people come home to their bodies and improve their quality of life, Qi Gong is a great choice!

As a front-line clinician, I have seen Qi Gong reverse the process of many chronic illnesses. Today especially, people rarely have time for their bodies. Just like Yoga, meditation, and fitness, Qi Gong is becoming a respected and popular approach to wellbeing, vitality, fertility, Spirituality, and longevity.

Imagine being able to help people improve their energy level, mood, fitness, mindfulness, adaptability, and patience.

Imagine being a part of the groundswell of qualified and experienced Qi Gong teachers.

## Learning Qi Gong in the West is still very new...

In the Western world, until recently, there have only been three ways to encounter *Qi Gong*. They are Sundays in the park, a semester-style course, or study with a legitimate Master. That is simplifying things a lot, so forgive me for keeping this as concise as I can.



In almost every county in the world, if you go to a city park on a Sunday morning you are very likely to see a group, or several distinct groups, practicing *Qi Gong*, *Tai Chi (Taijiquan)*, or other embodied arts. Most groups are open, and you could just go and follow along any time you like. Perhaps, after a few weeks, you find a style of movement that you enjoyed and began showing up every week. Eventually, you will be invited to tea after the class, and learn more about the practice, its history and purpose, and the teacher.

*That is how the vast majority of people experience Qi Gong, even in China.*

*Show up, follow along, learn gradually, enjoy the practice, the process, and the people.*

If you live in a city with a community college or a large recreation facility, you may have access to a *Qi Gong* class that may last 4 – 8 months. The course will cover a specific series of practices, the history, benefits, theory, and potential pitfalls. This kind of *Qi Gong* training usually involves training two or more times per week, with a specific schedule and series of lessons and goals. The classes are taught, hopefully, by people who are patient and able to break down movements, concepts, and subtle interactions into 'bite-sized' and applicable experiences.

Over the course of a year, you could learn enough about *Qi Gong* to have a comprehensive and lifelong personal practice. It is possible, on a Sunday morning, or at a community college, to meet a legitimate, lineage-holding, trained since they were children, probably very high-level *Qi Gong* Master. There are better places to find them, you just need to be a part of those groups to get an introduction. **Your third possibility to learn Qi Gong** is learning from a person with an actual lifetime of training and transformational experience.

Learning *Qi Gong* from a person who was raised from the age of four to become a Master of a very specific skillset is undeniable the best choice if you can find it. Then there is the precarious period of time to find out if



they will actually teach you. All of those movies about a lineage holding Master making you go through certain challenges to prove yourself is actually a thing. It probably always will be – because it works. Some things can only be learned in the context of humility and patience.

I will not attempt to get into all of the intricate aspects of Chinese culture, Martial Arts culture, and modern New Age culture, and all of the hilarious misunderstandings that can happen. Needless to say, finding a Master, being accepted as a formal student, committing years of your life to a practice, and then finding your way as a teacher is not an easy or simple path. If you have the opportunity to study with someone with more than 30 years of experience (the traditional requirement to be considered a Master), who carries an authentic lineage of practice, take it!

Learn as much as you can and if you are willing, please teach what have learned someday.

### **Now there is a fourth way to learn Qi Gong.**

Today, you can find credible teachers who have studied with a traditional Master or Masters, and commit to an entry-level, or even a more advanced level of training in *Qi Gong*. They all have websites, training videos to follow along (just like Sunday mornings), lectures on theory and history, offer weekend intensive seminars, and a thousand other things to support your learning journey.

There are also people offering these kinds of training who have very little experience and probably no experience studying with a traditional teacher or Master. However you begin your journey, it will not take you very long to see the difference.

If you are new to *Qi Gong*, and are not certain what the best choice is, consider this. Do you want a **personal practice**, a dedicated **personal healing process**, or do you want a **profession teaching and/or healing those in need**?

If you enjoy *Qi Gong* and want to continue developing a personal practice that will support you into your elder years, the **Traditional Qi Gong Teacher Training** (see below) is designed specifically for that need.

If your life feels like it needs a life raft, and I am saying that as a compassionate clinician, find a personal teacher (in person or online) who focuses on a combination of ***Qi Gong, Meditation, Inner Healing, and Self-Cultivation*** practices. For at least three years, just learn, practice, let go, learn, let go some more, and become connected with your Inner Healer/Shaman.

If you have had a personal experience with *Qi Gong* that has ignited a fire within your being, and you want to commit your professional life to studying, practicing, learning on purpose, learning by accident, sharing with friends, and eventually teaching classes in a park on Sundays, extended courses at a local learning center, or teaching online, then I encourage you wholeheartedly to become a **Professional Qi Gong Teacher**, see page 13).

If you are also interested in becoming a **Medical Qi Gong Therapist**, see page 20.

There are thousands of *Qi Gong* styles, forms, family lineages, monastic traditions, village styles, and Alchemic traditions to choose from. As a potential teacher, what are the most common needs of your potential students?

What will modern western *Qi Gong* students benefit from the most?

The first phase of training that I recommend and offer, should include three distinct components. **Embodied Awareness, Traditional Forms and Principles, and Internal Refinement skills.**

I will describe them as levels, although you will naturally find these attributes are mutually necessary and evolve together. It is possible to learn all of these skills and practices in one or two years if you practice daily and have enough support. There is only so much that any of us can learn from books and videos. Once you have internalized an aspect of Qi Gong, go outside and practice without any guidance.

## Level One

### Embodied Awareness

#### *Movement, Posture, Breath, and Stillness*

Imagine moving with a lot of patience and intention. Imagine taking the time to gently stretch and tone **every muscle, joint, and nerve in your body**. Regularly, systematically, and with some guiding principles of how to collaborate with your breath and your nervous system. Or, said another, work with your **sensations of Qi**. **In Level One, you will begin with the Qi Gong essentials:**

- Intentionally opening and closing your practice
- Connecting with your breath and Qi
- Opening your joints and relieving chronic tension
- Exploring and Expressing the Energies of Life (*Yin, Yang, Five Elements, etc*)- or *Qi Gong Play!*
- Engaging the Relaxation Response (*Fang Song*) - learning to relax is a skill!
- Seated *Qi Gong* practices and Breathwork - for deeper healing.
- Fitness *Qi Gong* for core tone and dynamic flexibility.
- How to Meditate, seated, standing, walking, and lying down.
- An introduction to *Nei Gong* - Inner Cultivation practices.
- An introduction to the Daoist Universe and the many meanings of Qi

The next LIVE course begins March 25, 2024. You can begin a recorded version 24 hours after purchase - often sooner.

[TAP HERE to LEARN MORE...](#)

[Sign-Up for the Level One - Embodied Awareness Course - \\$747 \(Four Months\)](#)

# Level Two

## Traditional Forms and Applied Principles

### *Falling in Love with Repetition, Flow, Connection, and Meaning*

The study of **Traditional Qi Gong Forms** is an essential part of *Qi Gong* practice. The therapeutic and meditative benefits of gradually refining your posture, alignment, and mobility, and/or releasing any tension, over and over again, are profound.

Some **Applied Principles** have to do with biomechanics, some with the elastic nature of muscles and fascia, and some are determined by the way your nervous system instinctually settles down. Other principles in *Qi Gong* are based on thousands of years of experience working with the subtle energetic systems of the Mind and Body.

**The Forms and Principles explored in Level Two include:**

- Shaolin and Daoist versions of the Eight Pieces of Brocade (*Ba Duan Jin*)
- Balancing Heaven and Earth (*Tian Di He Yi Fa*)
- Introductory Muscle Tendon Change (*Yi Jin Jing*). Principles for restoring connective tissue.
- Your Three Basins - coordinating your core muscles with your spine.
- Opening Your Kua - restoring agility in your pelvis, hips, groin, and lower back.
- Introductory Nei Gong Breathwork will have you Breathing with your Pelvic Floor.
- Clearing Your Three *Dan Tian* - honoring your Instinctual, Intuitive, and Existential experiences.
- The Five Spines - improve the flexibility of your whole body.



[Sign-Up for the Traditional Forms Course \\$747 \(Four Months\)](#)

The next LIVE course begins July, 2023. You can begin a recorded version 24 hours after purchase - often sooner.

[TAP HERE to LEARN MORE...](#)

# Level Three

## Internal Refinement

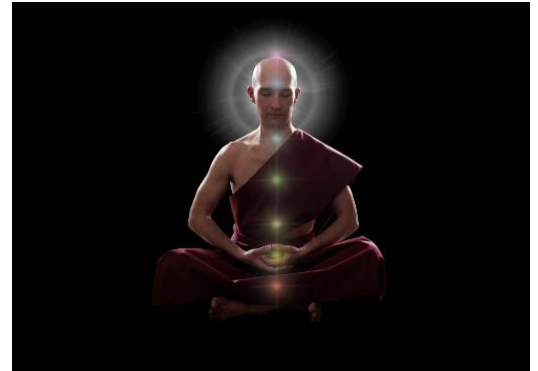
### *Standing Meditation, Silk Reeling, and Agility Practices*

The content of Level One and Two will Give you enough information to practice and/or teach *Qi Gong* for years. With some **Inner Refinement practices**, your understanding of principles, and your ability to help your future students will improve greatly.

As a practitioner and possible teacher of the essentials of **Traditional Qi Gong**, you can be confident that what you are practicing and sharing is rooted in ancient tradition, is very safe, and will continue to show you endless subtleties for the rest of your life.

Level Three ensures that your *Qi Gong* practice has a balance of efficiency, coordination, and flow, through:

- **Agility and Longevity Qi Gong** - This flow is most often used as a warm-up for a Martial Arts class.
- **Standing Meditation (*Zhan Zhuang*)** will teach you more about postural efficiency and alignment than anything else.
- **Freeform *Tai Chi*** - Sometimes dancing, *Qi Gong*, and flow **NEED** to be random.
- **Silk Reeling Skills (*Chan Si Jin*)** - nothing makes human movement more beautiful, elegant, and powerful to watch, than whole-body coordination.
- **State Shift and Shape-Shifting** - *Qi Gong* has a very long history of imitating animals.
- **Your Six Innate Minds (*Yuan Shen*)** -*Nei Gong* is the lifelong path of meditation and Inner Cultivation.



The next LIVE course begins Dec 11, 2023. You can begin a recorded version 24 hours after purchase - often sooner.

[TAP HERE to LEARN MORE...](#)

[Schedule an Appointment](#)

[Sign-Up for the Qi Gong Internal Refinement Course \\$747 \(Four Months\)](#)

[Sign-Up for the Traditional Qi Gong Teacher Training \(Levels 1, 2, 3\) - \\$2,222 \(1-2 years\)](#)



# Becoming a Professional Qi Gong Teacher

If you feel called to take your Qi Gong journey to the next level, there are a lot of choices.

- Are you more interested in your Physical fitness, your ability to relax, directly healing your body, or improving your fertility and sexual energy? You can explore them all!
- Are you committed to living a long and vibrant life?
- Are you interested in cultivating your abilities for Healing others?
- Do you want to learn about ancient and modern Nutritional and Preventative Medicine strategies from around the world?
- Are you curious about the experiences of a life-long committed Qi Gong, Meditation or Nei Gong practice?

A Professional Level Qi Gong Teacher can not only teach all of the Traditional Qi Gong skills from the 200 Hour Program, as well as also demonstrate, teach, lecture on, or offer individual consultations on some, if not all, of the following Qi Gong practices and Healing opportunities.

*"The word professional comes from, 'To Profess to have the ability to solve a specific problem .*

*A professor, 'Professes the ability to teach another to solve a specific problem."*

**After completing the Traditional Qi Gong Teacher Training, you can also learn:**

<b>Qi Gong/Dao Yin Self-Massage</b>	<b>Trauma Release Qi Gong</b>
<b>Internal Organ Healing Qi Gong</b>	<b>Microcosmic Orbit Qi Gong</b>
<b>Qi Gong for Cultivating Qi Awareness and Sensitivity</b>	<b>Dan Tian Opening Qi Gong</b>
<b>Energy Clearing Qi Gong</b>	<b>Traditional Chinese Medicine and Nutrition (Yang Sheng Fa)</b>
<b>Strength Training Qi Gong</b>	<b>Traditional Chinese Medicine and Longevity</b>
<b>Bone Density Qi Gong</b>	<b>Shaolin and Daoist Meditation</b>
<b>Fertility Qi Gong</b>	<b>Shaolin and Daoist Breathwork</b>

<b>Shamanic Reunion Qi Gong</b>	<b>Shaolin and Daoist Spiritual Practice</b>
<b>Meridian Opening Qi Gong</b>	<b>Five Element Qi Gong</b>

**A Professional Level Qi Gong Teacher** will be able to teach all of the above Traditional Qi Gong Teacher skills, and also demonstrate, teach, lecture on, or offer individual consultations, on the above Qi Gong practices and Healing opportunities you are most interested in studying in-depth.

The word professional also brings Professor to mind. Depending on your interests and what you feel like becoming skilled at next, you will help a lot more people with public speaking, webinars, seminars, weekend workshops, residential retreats, and maybe even writing a book one day.

Most of the Professional Qi Gong Teachers that I train, or meet in the world, also offer private consultations and Qi Gong lessons. A person may need support with a shoulder injury, a traumatic childhood, addiction, or a chronic illness. Or they may want to maximize their vitality and study the intricacies of more advanced Qi Gong practices with you one-on-one.

If you are looking for a career change, are comfortable with higher-level education, love to move, dance, breathe consciously, and be still, as well as love interacting with people, the world needs more Professional Level Qi Gong teachers.



# Level Four

## Yang Sheng Fa

### *Methods for Nourishing Vitality and Longevity*

The Chinese characters for *Yang Sheng Fa* (養生法) describe feeding your leftovers to your goat, just in case you need to eat your goat to stay alive. Some aspects of Chinese philosophy are very pragmatic. Said another way, *Yang Sheng Fa* is a lifelong daily practice of self-care that involves all aspects of your life, even the humble and seemingly unimportant things. This approach to living a conscious and healthy life is more about flow and seasonal alignment.

The *Yang Sheng Tradition* can be described as **Chinese Medicine 101** – if you are ill and want to understand how to get healthy, you need to know what went wrong. To understand what went wrong, you need an understanding of how your internal organs, glands, metabolic and immune systems, and your circulation works.

養生之道

- The *Yang Sheng Tradition*
- The Four Constitutions and The Five Taxations
- A Seasonal Diet
- Metabolic and Spiritual Fasting
- Balancing Tone and Pliability in all of Your Muscles and Membranes
- Detoxification and Healthy Fat Loss Protocols
- Fertility and Longevity protocols
- Finding Life, Work, Rest, Play Balance
- Seasonal Fitness strategies for Young and Old
- Sleep Hygiene
- Mental and Emotional Hygiene
- Conscious Parenting
- Sacred Intimacy

Becoming a Professional *Qi Gong* teacher is about both, the ability to be more specific, and the ability to speak to the broadest and most impactful challenges of our time. Because I am speaking about becoming a health care professional, even if it is just for yourself, your family, and friends, I want to encourage you to keep learning about health. The next LIVE course begins March, 2024. You can begin a recorded version 24 hours after purchase – often sooner.

[TAP HERE to LEARN MORE...](#)

[Sign-Up for the \*Yang Sheng Fa\* Course \\$497 \(Eight Weeks\)](#)

# Level Five

## Nei Yang Gong

### *Therapeutic Qi Gong - a Ten Month Journey*

Sometimes, we need support from others, and most of the time we need to find it within ourselves to commit to our own healing. If you need support, seeing a Medical Qi Gong Therapist is a highly effective option. You can relax and go inward as your Qi field and internal energy systems are realigned, while you are guided into conscious breathwork, using awareness to resolve energetic or emotional wounds, as well as internal organ and meridian system realignment.

If you need to learn some gentle exercises, meditation techniques, personalized breathwork practices, and Self-Healing Qi Gong skills, then you will need to learn Therapeutic Qi Gong. Or, if you feel called to help others, [become a certified Medical Qi Gong Therapist](#).

This course is meant for those with some Qi Gong experience, especially clinicians, therapists, and other health care professionals. After decades of experience and exploration of many different styles and lineages, Dr. Michael Smith is offering this ten-month program of discovery and refinement to the general public and online for the first time. Most of the practises taught in this course have been reserved for monasteries, Daoist lineages, martial arts lineages, and those taught in the oral traditions of Qi Gong and Traditional Chinese medicine for the last 2,000 years.

This course will take you on a 'deep dive' into the most potent and practical aspects of one of the oldest intact Healing Traditions on Earth. In order to experience, learn, and heal as much as possible (in less than a year) this program has been designed to build on itself in layers or dimensions. It is much more enjoyable when your training and new practices are as easy to learn and remember as possible. Most classes will be live and focus on learning, reviewing, and expanding on your personal (and professional) Qi Gong practice. Some classes are pre-recorded, depending on the season and the subject of the class.

This highly experiential (practice-orientated) ten-month process is divided into the **Seven Dimensions of Therapeutic Qi Gong**.

- **One - Self Regulation and Down-Regulation**
- **Two - The Healing Power of Qi - Feeling into Your Aliveness**
- **Three - State Shift and State Break**
- **Four - Shapeshifting and Five Animal Qi Gong**
- **Five - Healing your Internal Organs with Nei Yang Gong**
- **Six - Breathwork and the Six Healing Sounds**
- **Seven - Clearing Ancestral Wounds from your Six Dan Tian**

[Sign-Up for the Therapeutic Qi Gong Course \\$1447 \(Ten Months\)](#)

The next LIVE course begins April 14, 2024. You can begin a recorded version 24 hours after purchase - often sooner.

[TAP HERE to LEARN MORE...](#)



# Level Six

## Shaolin Strength and Longevity Qi Gong

### *Tone, Pliability, Fascial Tensegrity, and Functional Flexibility*

**The Shaolin Monastery** is the birthplace of modern Kung Fu (Gong Fu) and Chinese Buddhism. Before Buddhism came to China, the Shaolin tradition was one of Chan (Zen) meditation, higher university learning on many subjects, Qi Gong, and Martial Arts. Over time, and for many reasons, the Shaolin monks became some of the most effective warriors in the history of the world.

Today, Shaolin monks travel the world demonstrating incredible feats of human physical capacity and internal body control. No, I am not suggesting you need to learn to fight or try and do backflips. I am aware, however, that healthy lean muscle mass is the number one indicator of health in your elder years, rate of aging later in life, as well as actual lifespan. Although most Qi Gong exercises look very relaxed and effortless, they will keep you fit because they activate, stretch, and tone almost every muscle and membrane in your body.

**Shaolin Warrior Qi Gong** is a very effective and enjoyable way to strengthen your muscles, nerves, fascia, and bones, as well as ensure you do not lose your muscle mass as you age. If you think of your Qi and Meridians like electricity and the thickness of a wire, the more abundant your 'wires' are the stronger the Qi you can experience.

**This is especially true if you are a Healer.** Your meridians are made of and do many things. The vaster amount of what your meridians physically become and what limits their function is your muscles, tendons, blood vessels, and facial membranes and interstitial fascia. Lengthening and strengthening all of these tissues equally and simultaneously is one of the healthiest forms of Qi Gong for the health of the structural aspects of all of your meridians.

#### **Level Six Includes:**

- Restore Your Core *Qi Gong*
- Muscle Tendon Change (*Yi Jin Jing*)
- Shaolin Warrior Strength Training (*Tan Fu Zhi Wai Li Du Fa*)
- Daoist Heavy Hands Qi Gong
- Bone Marrow Washing (*Xi Sui Jing*) will be introduced and combined with other forms and practices you already know.
- Shaolin and Daoist Breathwork - is going to become the backbone of your deeper *Dao Yin* and *Nei Gong* practice.
- 49 Day Chan (Zen) Seated Practice.

[Sign-Up for the Shaolin Qi Gong Course \\$1447 \(Eight Months\)](#)

The next LIVE course begins  
March 27, 2024.

[TAP HERE to LEARN MORE...](#)

# Level Seven

## Mei Gong

### *Opening Your Meridians, Dan Tian, and Energy Gates*

If you want to go deeper into the experiential nature of all of your Energy Systems (Organs, Meridians), **Energy Centers** (*Dan Tian*, Acupuncture points), and **Energy Gates** (all of the above – plus special trees, rock, waterfalls, or other places in Nature that you have Sacred Relationship with for Healing yourself and others). It is at this level of interaction that the more ancient *Dao Yin* and *Nei Gong* practices become essential.

Every embodied, meditative, contemplate, and energetic system of practice in the world agrees on the existence and importance of Energy Centers (*Dan Tian* 丹田) or *Chakras*. *Dan* means alchemic substance or practice; *Tian* means field of cultivation. The Chinese Characters for your Meridians, in general, are *Jing Luo* 经络, which describe tension and integrity of the warp and weft of a cloth, or, perhaps, the collagen matrix of your structures and membranes.

If you commit to an occasional ‘Monastic Rite of Passage’ with some advanced *Dao Yin* and *Nei Gong* practices, you can complete your journey of restoring all of your organs, Meridians, and Energy Centers to their optimal state of Being, Existence, Resourcefulness, and Function.

**Below are some opportunities** that you should be able to access or create for yourself to go into these higher levels of *Qi Gong* practice.

- **The Willow Dance - a Meridian Activating and Harmonizing *Qi Gong*.**
- **Reviewing all of your Joint Opening exercises, traditional forms, inner refinement, and self-healing practices from the first three levels, with an awareness of your meridians.**
- *Nei Gong* and the Microcosmic Orbit
- **Connecting with your Six Innate or Unborn Minds, and then your Nine Ancestral Gateways or Nine Ancestral *Dan Tian*.**
- *Qi Gong and Nei Gong for Women*
- **Inner Reflection and Inner Dialoguing. *Nei Guan* 內觀**

## *Six Initial Grottos of Nei Gong*

A Grotto, in Daoist practice, is a metaphoric cave of safety, or a crypt to place the aspects of oneself that have died away in meditation, or a Grotto can mean an inner chamber of evolution – you only go in if you are committed to coming out transformed. I describe each stage of this part of the Nei Gong process as a Grotto because of the implication of change, the completion of a step on the journey of creative evolution, and the awareness that when you are ready, you can enter the next Grotto. And so, it continues forever.

**For this course, you will be guided through the six following stages or ‘Grottos.’**

**One - Life Exists Between Yin and Yang – Opening Your Meridians and Energy Centers**

**Two - Your Inner Landscape (*Nei Jing*), Celestial Boundaries, and Universal Circulation**

**Three - Many Minds, Many Bodies, and Many Ways of Coming into Being**

**Four - Contemporary *Nei Gong* Inductions – The Physiology of *Nei Gong* and Breathwork**

**Five - Narrow Passes (*Guan 關*) and Inner Openings – The obstructions front and back of the body.**

**Six - Coming Home (*Huan Yuan*) and Daoist Immortality**

Getting to this level of *Qi Gong* proficiency and experience usually takes a few years of dedicated and professionally guided practice. This is as far as most people take their *Qi Gong* practice in the Western World.

**The next LIVE course begins Nov 1, 2023.**

[Sign-Up for the \*Nei Gong\*  
Course \\$1247 \(Six Months\)](#)

[TAP HERE to LEARN MORE...](#)

[Schedule an Appointment](#)

[Sign- Up for the Profession \*Qi Gong\* Teacher \\$3,888 \(Levels 4 – 7 over 2-3 years\)](#)

**These prices are in Canadian Funds.**

# Becoming a Medical Qi Gong Therapist

You do not have to teach large Qi Gong classes to be a Medical Qi Gong therapist. You will, however, need to be comfortable teaching your clients the exercises, forms, meditations, and breathwork you have already learned to improve their inner vitality.

You will also need to have a regular, in-depth, and very well-balanced Qi Gong practice to be a grounded and effective Qi Gong Healer. If you are interested in becoming a Medical Qi Gong Therapist, and have not completed the Professional Qi Gong Teacher program, and feel that you have a similar amount of Qi Gong expertise, contact the Soma Dao Institute to enquire if you are a good fit for this

I am going to take a moment and speak to the Qi Gong 'experience' and its potential. I will imagine that I am speaking to a person who is interested in going very deep into the Qi Gong Universe, and who has recently invested a great deal of time and effort becoming embodied, aligned, and playful, while opening to vulnerability, personal healing, and conscious transformation.

## **If you have:**

- **Opened your joints and can actively repair your body,**
- **Learned to assess, assist, and replenish your internal organs and meridians,**
- **Cultivated a connection with Qi awareness, energy centers, and energy gates,**
- **Found a seasonal balance with strength, flexibility, feasting, and fasting,**
- **Restored the innate structure of your bones and marrow.**
- **Learned to meditate like a Shaolin monk,**
- **Practiced Consciousness expanding breathwork, while been guided through your Inner Landscape and Innate Minds,**
- **Committed at least one Rite of Passage to a Shamanic Qi Gong practice for a Reunion with Nature,**
- **Learned how to release Embodied Trauma,**
- **Restored your innate internal circulation through the Microcosmic Orbit,**
- **and have explored Shaolin and Daoist Meditation, Breathwork, and Spiritual Practice or already participate in a Wisdom tradition,**

**... it is likely you will live a longer, healthier, and happier life.**

Also, after all of that deep Healing and Spiritual work, you are probably capable of experiencing and conducting a great deal of 'aliveness' and vitality, or Qi.

It is usually at this point that Qi Gong practitioners make a deeply personal decision. Continue your journey and flow with life as you have and become an excellent Qi Gong teacher, or become a hermit or a monk and 'Return to the Source', or become a Healer and help reawaken this capacity in others.



Today, there are several options to becoming a certified Medical Qi Gong Practitioner, Therapist, or even a Doctor of Medical Qi Gong. Most of the courses available, including what I offer, are a combination of online content, in-person hands-on experience, and clinical training with your own patients or clients.

The term Medical Qi Gong, in some states and provinces, is a 'protected act', only allowed to be used by licensed Doctors of Traditional Chinese medicine. So, depending on where you live, if you sought out a Medical Qi Gong Therapist or Doctor, you may meet very different people with very different training. The letters that you may eventually place after your name may or may not be easy to recognize, at least not yet. In the program that I offer, graduates who choose to become certified to practice can use the acronym SQP/SQT (Somatic Qi Gong Practitioner or Therapist) depending on the degree of clinical training and responsibility they choose to engage in. I chose that designation because I teach a combination of an ancient Daoist practice, TCM, modern Medical Qi Gong perspectives, Trauma Release skills, and an Indigenous form of Hands-on-Healing.

Hopefully, in the near future, there will be a more formal standard for education, certification, and eventual licensing - which means that medical insurance companies are more likely to pay for the treatments.

*It is an exciting time for Medical Qi Gong!*



# Level Eight

## Enhancing Your Qi Gong Healing Potential

The primary focus at this level of Qi Gong training is to strengthen your Mind's and your Body's innate abilities to conduct and maintain a connection with increased *Qi* activity for hours at a time.

The content of this course has always been reserved for Monks, Martial Artists, and Healers. At this level of training, a certain part of your capacity resides in an awareness of *Qi*, but most of your capacity resides in your deeper energy systems and structures that 'hold' and express all of that energy throughout the day - especially a long day of treated patients.

This 'level of practice' primarily exists to prepare people for a career as a Medical Qi Gong Therapist, share some advanced forms with future scholars of Qi Gong, and guide some Qi Gong adventurers who want to see how far down, up, and inward the 'rabbit hole' goes.

**This course is delivered over an eight-month period.**

**At this level of Qi Gong practice**, it is wise to cultivate a great deal of patience, a dedicated personal practice, and a connoisseur's relationship with refinement.

*Hun Yuan Qi Gong - Primordial Qi Gong*

*Tian Shan Qi Gong - Sky Mountain Qi Gong*

*Tree Qi Gong*

*Five Element (Wu Xing) Qi Gong*

*Nei Yang Gong and Spiritual Recapitulation*

*Daoist Healing Initiations*

*Seasonal Qi Gong Attunements*

**Instinctual, Visceral, Emotional, Energetic, and Existential Wounds**

**108 Day - Restoring Your Innate Minds and Universal Belonging**

**The next LIVE course begins March, 2024.**

[TAP HERE to LEARN MORE...](#)

**Sign-Up for the Qi Healing Potential Course \$1447 (Eight Months)**

**(Available in 2024)**

# Level Nine

## Becoming a Healing Vessel and a Hollow Bone (Nei Gong Two)

This course is taught over a year to stay in tune with the seasons.

At this level of Qi Gong practice, it is wise to cultivate a great deal of patience, a dedicated personal practice, and a connoisseur's relationship with refinement.

Inner Power development (*Shaolin Nei Jing Gong*)

Daoist Shamanic *Dao Yin*

The Indigenous Daoist Universe - *Yu Zhuo Zhi Dao*

Daoist Alchemy from the *Yi Dao Huan Yuan* tradition (*Jin Hua Nei Dan*)

An Ethical Life of Autonomy and Reciprocity

Self-Care

Public Speaking

100-Day Chan meditation

**The next LIVE course begins Dec, 2024.**



[TAP HERE to LEARN MORE...](#)

**Sign-Up for the Qi Healing Potential Course \$1447 (One Year)**

**(Available in 2024)**

# Level Ten

## Becoming a Medical Qi Gong Therapist

To become a Qi Gong Healer of any kind, you will need to touch people, often, and with a lot of intention.

You will also need some guiding principles and protocols to learn and practice this ancient art. Medical Qi Gong focuses on combining intention, visualization, repetitive gestures of interaction with the patient's Qi Fields, systems, meridians, and internal organs.

**Modern Medical Qi Gong** has evolved towards 'hospital' protocols that focus on the interaction with the disease process and the vital capacity of the patient's Qi. This is a good place to start for most western practitioners, because in this model, **Qi is a substance or field** that can be moved or changed. Conceptually, this could look like scooping out grey turbid and foul Qi, then clearing the area with cleansing Qi, and then nourishing the area with Healing Qi.

That is a very oversimplified example.

In the **older forms of Medical Qi Gong**, specifically the more physically interactive and hands-on approaches, the focus shifts from effecting Qi Fields, to connecting with a series of layers of interaction with how the system is containing, exhausting, dispersing, or collapsing in on itself.



In this model **Qi is not a substance**, its expression is a result of the interaction between *Jing* (Essence) and *Shen* (Spirit), Sky and Land, *Yin* and *Yang*. The more layers of interaction between the Healer and the patient, the deeper the shift in *Jing Shen* (physical and emotional state of being). There is also the understanding that these interconnections, co-regulations, and inter-regulation processes are happening anyway – just because the Universe loves itself. In this tradition, coherent states, guided visualizations, and multilayered tangible interactions shift the resulting Qi state, through reorienting the cause of the Qi dysfunction. In the old school approach, these processes occur during ceremonial or intentional 'treatments', that involve tangible shifts of State through Breathwork and Trauma Release (*Dao Yin*) practices.

The modern version and ancient version of Medical Qi Gong come from the same source, they just focus on different relationships and potential.

The Soma Dao program includes a carefully designed combination of both the old-school and new-school approaches to Hands on Qi Gong Healing.

The following skills and knowledge are the foundation of what I recommend and teach.

Bodywork for Deep Relaxation

Myofascial Release of Embodied Memories

Somato-Mapping

Breathwork and Bodywork Integration

A Collaborative and Symbolic Diagnosis

Feeling into Qi and other Energetic Connections

Gathering Allies from Nature

Treating Acute and Chronic Pain

Somatic Mindfulness Processing

Internal Organ Restoration, Dan Tian, and Meridian Clearing Protocols.

Autoimmunity and Cancer Protocols

Understanding Trauma, Addiction, and Your Polyvagal System

Fertility and Longevity Protocols

Qi Deviation Syndrome

Medical *Qi Gong* Clinical Case Studies

A supervised Clinical practicum

Two Live and in-person weekend Practicum Experiences

**The next LIVE course begins Nov, 2024.**

[TAP HERE to LEARN MORE...](#)

[Schedule an Appointment](#)

Only Level Ten - Medical Qi Gong Course \$1897 (One Year)

(Available in Fall 2024)

Medical Qi Gong Therapist Program \$4,444 CAD (3,333 USD) - save \$397

(Levels 8-10 over 2-3 years)

(Beginning Spring 2024)

[Sign- Up for the Entire Soma Dao Qi Gong Teacher and Medical Qi Gong Therapist Programs](#)

\$9,997 CAD (\$7,500 USD) (total discount \$2,273)

(Available Now)

## *How the Learning and Certification Process Works*

I have almost three decades experience teaching at the Post-Secondary level. Not bragging, just aware of the unique challenges and opportunities.

I prefer that all of my teacher/student relationships to be transparent and clear, especially when working with professionals who are seeking certification or licencing in any aspect of healthcare.

Each of us has expectations and responsibilities that need to be clear. Then the focus can be on how fun this process can be and how much these practices will completely change the way you experience your life.

## *My Commitment for Each Level*

**The first Three Levels** of this program lasts for approximately 16 weeks each.

Each level will include a **weekly 60-80 min live class** - most of the time. Some classes will be pre-recorded, depending on the subject and any unexpected changes in the schedule. The class will start with 40-60 minutes of sequential training, silent practice, or skill specific review, and then about 20 minutes of Q&A.

You will have access to **2 one-on-one sessions** with your instructor (Dr. Michael Smith) per level. These personal Qi Gong coaching sessions will focus on skill development, individualizing your practice, and learning about what you are the most interested in at the time.

There will be a **monthly weekend live class** for Review, learning Applied Principles, Wisdom Teachings, Breathwork, Q&A, and opportunities for you to teach your fellow students when you are ready. See Certification Process below).

If you cannot make either the weekly live class or the monthly live group class, you are invited to send questions for any of the live Q&A sessions. You will get a response at the next class, group class or private session, whichever comes first.

If you plane to develop an online presence, or plan on teaching online, I will do what I can to guide you as an entrepreneur in the digital age.

## *Your Commitment for Each Level*

Practice 30 - 40 min per day or at least 3-4 hours per week. A daily practice of any kind will always generate the best results. Find your unique balance of learning new skills and reviewing your practice enough to teach a child or an elder each exercise properly. There is a great deal of content in this program. There may be some aspects of what I teach that you are not interested in learning or teaching. You only need to be certified to teach the components of the program that you actually plan on teaching.

You are responsible for **Recording your practice hours (at least 50 per Level)**, it is a requirement for certification.



Maintain a professional relationship with your fellow students, mentor(s), and administration staff. (See Student Contract - below).

Engage in your practice with the intention of learning all aspects of the exercises, breathwork, and inner work. Practice teaching your pet or houseplant.

Qi Gong practice has many ranges and dimensions - it change's people lives. The more familiar you are with every part of your training, the more safely and effectively you can help others.

When you are ready to begin training in the skills of teaching, it is best to begin sharing your practice with your friends and family. Once you are comfortable with laughing at innocent mistakes and feeling 'like an imposter' - we all do, volunteer to offer small free group sessions, just focusing on one or two practices and skills. This is so you do not commit to anything long term.

When you feel ready to market yourself as a Qi Gong teacher, then you can offer a By Donation class that last two or three months.

### **Teaching is an art.**

Build your skills at teaching and your reputation and success will follow.

## *The Certification Process*

Each Level of the Soma Dao Program is made of a combination of 'flows' and forms. When you are ready, you can share a form or a flow, which is a series of skill-specific exercises.

You will join a **Peer Teaching Pod** of two or three other students. For each Level, if there is availability, you will have the opportunity to co-teach and co-learn from as many people as possible.

We (you, myself, and 2-3 other students) will meet for a monthly Peer Sharing and Teaching Session.

For each traditional form or flow (sometimes both), you will offer a 5 - 20 minute silent follow along practice. You will receive feedback from your peers and your instructor. If you need to work on a specific aspect of Qi Gong practice, you will be guided on the best ways to do so.

After that process, you can verbally teach a specific skill, flow, or form, step-by-step (usually 15 minutes to start). This will be repeated until you can comfortably demonstrate the capacities and competencies necessary for that skill.

As Levels progress and your skills become 'how you move and breathe', the requirements will get more specific to the skills and knowledge you are developing.

This process usually takes 3 - 4 months for both the Traditional Qi Gong and Professional Qi Gong certifications. The Medical Qi Gong certification will happen at an in-person event, unless another option becomes necessary.

## *Let's Have a Conversation*

If you are interested in the [200 Hour - Traditional Qi Gong Instructor Program](#) and are not planning on being certified to teach, feel free to sign up without an interview.

If you want to take this course and become certified as a teacher, then we should have a conversation about your experience and intention.

It should only take about 20 minutes.

If you are planning to be certified as a [350 Hour - Professional Qi Gong Instructor Program](#) or [500 Hour Medical Qi Gong Therapist Program](#), then I definitely want like to meet with you first.

Please send the Soma Dao Institute a message through the form on the website: [somadaoqigong.com](http://somadaoqigong.com) to set up a video call. Or, you can email Michael at [somadaoqigong@gmail.com](mailto:somadaoqigong@gmail.com).

# *Student Contract*

The policies contained within the Student Contract are consistent with those recommended for Private Post-Secondary Educational Institutions.

## *Admissions Policy*

1. The Soma Dao Qi Gong Institute (SDQGI) will schedule an in person or video interview to complete all formal certification program applications.
2. If an interview is complete and the person applying agrees to the delivery of content, the course requirements, commits to your necessary personal practice, and understands the ethical and professional responsibilities of becoming a certified Soma Dao Qi Gong instructor, the administrator will inform that person of the success of their application.
3. For workshops, seminars, and other activities held by SDQGI that are open to the public, no application is necessary for any person to attend.

## *Dispute Resolution Policy*

1. SDQGI shall designate an administrator to review complaints, when possible, someone not involved in the dispute.
2. The designated administrator shall request written submissions from all parties concerned with a dispute.
3. The designated administrator shall review the submissions and conduct the necessary investigation.
4. The designated administrator shall provide a written decision, outlining the justification for the decision, to all parties involved in the dispute.

## *Dismissal Policy*

1. SDQGI will designate a director or staff member to investigate complaints of inappropriate behavior by a student.
2. Any student exhibiting behavior deemed inappropriate by SDQGI, especially with regard to inappropriate behavior in group sessions, or with their private students will be notified by the designated staff member or director that they are doing so and will be asked to change their behavior.
3. If the student continues to behave inappropriately, the designated staff member or director will deliver that student a written warning, via the postal service or electronic mail, saying that if the student persists in his/her/their behavior, he/she/they will be removed from the course.
4. If the student continues to behave inappropriately, he/she/they will be dismissed by the designated staff member or director from the course.
5. If a student fails to pay his/her/their student fees when due, and if an arrangement for late payment cannot be made by the student with SDQGI, he/she/they will be dismissed from the course by a designated staff member or director.

## *Refund Policy*

1. If SDQGI receives written notice of withdrawal, or a student is dismissed, **before 25%** of their program of study's duration, SDQGI will retain 40% of the total fees due under the contract.
2. If SDQGI receives written notice of withdrawal, or a student is dismissed, **after 25%** of their program of study's duration, SDQGI will retain 50% of the total fees due under the contract.
3. If SDQGI receives written notice of withdrawal, or a student is dismissed, **before 35%** of their program of study's duration, SDQGI may retain 75% of the total fees due.
4. If a student withdraws or is dismissed **after 35%** of the program of study, no refund will be given, and **all tuition will be owed.**
5. If, for any reason, instruction is no longer possible or available, students will be refunded for each level they have paid for and cannot complete.
6. **Any refund from SDQGI will be returned in equal payments over a six-month period.**

After the initial interview, verbally agreeing to commit to the specific training program, and tendering an initial payment will be considered an agreement to the statements in the Student Contract.

**If you have any questions, please bring them to SDQGI's attention before committing to any program offered.**