

## Tai Chi and Meditation Centre Personal Mastery Syllabus

**Name:**

**Date:**

Note: As you complete each element of the Personal Master Syllabus, please include dates and instructors' names.

1. Qigong and Meditation: Achieving Power of Balance.  
Introduction to Our Contemplative Practices – [Vipassana](#) (Insight) Meditation and Buddhist studies. Introduction to Daoist Qigong. Integrating Buddhism/Daoism: The Shaolin Tradition [12 hrs]
2. [Taijiquan Form](#). [20 hrs]
3. Push Hands Level 1. Rooting, neutralizing. Cooperative drills. [4 hrs]
4. [Medical Qigong A](#). This program teaches comprehensive, foundation qigong skills including cleansing, connection, balancing and building, together with basic Traditional Chinese Medicine (TCM) theory, which helps appropriate practice and application. It is part of the Medical Qigong certification programs. See separate syllabus. [32 hrs]
5. [Vipassana Retreats](#). 2 weekend retreat [16 hrs x 2] or 1 retreat and 16 hrs of weekly meditation sessions. [32 hrs]

6. [Enneagram of Personality](#) Introduction to the nine basic personality types and dynamics supposedly used by ancient Sufi masters. [Workshop personal study or additional class practice hrs]

1.7 Combat theory and practice (optional) 1. Foundation of self-defense.

1.8 [Xingyiquan](#) 1 (optional). Wu Xing. Linking Form. Basic applications.

1.9 [Baguazhang](#) 1 (optional). Basic drills. Eight changes. Basic applications.

1.10 Taiji Sword 1 (optional). Yang style Taijiquan sword form.

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Contact/ Instructional hours: 100  
Personal study or additional class practice hours: 100  
Total course hours: 200

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