

Blue Ridge Center for Chinese Medicine NEW 2009 CLASSES

Physical Practices for Health*

The focus of this class is to investigate and develop routines of movement for the maintenance of the physical body. Movements from Bagua, Qigong, and clinical exercises will be matched with anatomy, physiology, kinesiology and Chinese medicine understandings to create practices that promote the health and function of the body. This class is strongly recommended for those who need insight and ideas about how to recover from chronic and acute injuries and how to rectify their physical bodies and energetics.

Starting April 7th | Tuesdays 9:00 – 10:30 AM | \$50.00 per month**

Meridian Qigong*

Meridian Qigong is a method of movement that stimulates and promotes the proper flow of qi through the acupuncture meridians. The slow, purposeful tracing of the acupuncture meridian pathways regulates the systems and organs of the body and improves overall health and well-being.

Starting April 9th | Thursdays 9:00 – 10:00AM | \$50.00 per month**

Xingyi Quan (Form-Mind Boxing)

Xingyi Quan is a traditional internal martial art that develops martial skill, internal cultivation of qi (energy), and intentional focus of the mind. It is characterized by linear movements that are founded in Five Element movements and expressed in Twelve Animal Forms. This class will start from the beginning level and proceed through the entire system over time. This will be the first offering of Shen Long-style Xingyi Quan at our school. This class is open to anyone interested, beginners to advanced martial artists.

Mondays 5:00 – 7:00PM | Start date to be announced | \$50.00 per month**

Chinese Medical Theory*

This nine-month curriculum teaches the foundational theories of traditional Chinese medicine including yin yang theory, five element theory, fundamental substances of the body, organ theory, channels and effective points, differential diagnosis, and structural evaluation.

Starting April 9th | Thursdays 10:00 AM – 1:00PM | \$1,425 tuition*

Human Anatomy and Physiology*

This one-year curriculum is an in-depth study of Western anatomy and physiology of the human body. Coursework covers the study of muscles, bones, and major physiological systems of the body.

Starting April 7th | Tuesdays 10:30 AM – 1:00 PM | \$1,500 tuition*

Jin Shou Tuina™ and Traditional Chinese Medicine Certificate Program*

This full-time, one-year curriculum consists of 600 hours in academic and practical training designed to prepare students for licensure and professional practice as entry-level clinical Jin Shou Tuina bodywork practitioners. This Ancestral Mountain Tuina School program is certified to operate by the State Council of Higher Education for Virginia and combines the instruction of traditional Chinese medical theory and bodywork techniques with internal martial arts training. Tuition includes evening internal martial arts classes, an important aspect of practitioner development. Download the school catalog and admissions application (due March 17th, 2009) at brccm.org.

Starting April 7th | Tuesdays & Thursdays 9:00 AM – 5:00PM | \$7,500 tuition*

* These classes are offered by the Ancestral Mountain Tuina School. The classes that are tuition-based require a part-time or full time student admissions application to be submitted by **March 17th**. You can pick up an Application from the office or download it and the Ancestral Mountain Tuina School Catalog at brccm.org.

** If you are already taking an internal arts class, the fee is \$20 for a 2nd class and \$10 for each additional class.

BRCCM, 144 Silver Maple Lane, Pilot, VA 24138 ~ 540.651.2682 ~ www.brccm.org

Blue Ridge Center for Chinese Medicine is a 501(c)(3) public non-profit organization dedicated to providing traditional Chinese medicine health care services, internal martial arts, and educational programs.