



## Radiant Lotus Women's Qigong Program Schedule

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| <p><b>Color key</b></p> <p><b>Class (22 sessions):</b> Wednesdays 1pm PST 90 minutes</p> <p><b>Integration (12 sessions):</b> Mondays 1pm PST (twice per mo) 105 minutes - 2 sessions offered at 9am PST</p> <p><b>Workshop (3 sessions):</b> Wednesdays 1pm PST 90-120 minutes</p> <p><b>Holidays / Vacations / No class</b></p> |
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| Day                                                                                               | Date       | Title                                                                 |
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| <b>Unit 1: The Foundations of Teaching — RLWQ's First Pillar: VA + NC = SLE</b>                   |            |                                                                       |
| Mon                                                                                               | 9/11/2023  | Orientation Community Gathering                                       |
| Wed                                                                                               | 9/13/2023  | Unit 1, Class 1: Welcome & Overview of Certification                  |
| Wed                                                                                               | 9/20/2023  | Unit 1, Class 2: Foundations of Teaching                              |
| Mon                                                                                               | 9/25/2023  | Integration Session with Daisy                                        |
| Wed                                                                                               | 9/27/2023  | Unit 1, Class 3: Foundations of Teaching                              |
| Wed                                                                                               | 10/4/2023  | Unit 1, Class 4: Mastering the Lotus Rises Through the Water Movement |
| Wed                                                                                               | 10/11/2023 | Unit 1, Class 5: Kindness & Compassion                                |
| Mon                                                                                               | 10/16/2023 | Integration Session with Daisy at 9am Pacific                         |
| Wed                                                                                               | 10/18/2023 | Unit 1, Class 6: Guest Faculty Session - Dr. Saida Desilets           |
| Mon                                                                                               | 10/23/2023 | Integration Session with Daisy                                        |
| <b>Unit 2: The Second Pillar of Radiant Lotus Women's Qigong — Shaking, Tapping &amp; Cupping</b> |            |                                                                       |

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| Wed                                                                                      | 10/25/2023 | <b>Unit 2, Class 1: Shaking &amp; Cupping for the Female Body</b>                     |
| Wed                                                                                      | 11/1/2023  | <b>Unit 2, Class 2: Tapping, An Ancient Chinese Technique, Modernized</b>             |
| Mon                                                                                      | 11/6/2023  | <b>Integration Session with Daisy</b>                                                 |
| Wed                                                                                      | 11/8/2023  | <b>Unit 2, Class 3: The Pressing Technique</b>                                        |
| Wed                                                                                      | 11/15/2023 | <b>Unit 2, Class 4: Gratitude Meditation</b>                                          |
| Mon                                                                                      | 11/20/2023 | <b>Thanksgiving Break - No Integration</b>                                            |
| Wed                                                                                      | 11/22/2023 | <b>Thanksgiving Break - No Class</b>                                                  |
| Mon                                                                                      | 11/27/2023 | <b>Integration Session with Daisy</b>                                                 |
| <b>Unit 3: The Third Pillar of Radiant Lotus Women's Qigong — Self-Massage</b>           |            |                                                                                       |
| Wed                                                                                      | 11/29/2023 | <b>Unit 3, Class 1: Self-Massage for Self-Care &amp; Nourishment</b>                  |
| Wed                                                                                      | 12/6/2023  | <b>Unit 3, Class 2: The Importance of Lymph Massage for Women</b>                     |
| Mon                                                                                      | 12/11/2023 | <b>Integration Session with Daisy</b>                                                 |
| Wed                                                                                      | 12/13/2023 | <b>Unit 3, Class 3: Guest Faculty Session - Nini Melvin</b>                           |
| Wed                                                                                      | 12/20/2023 | <b>Unit 3, Class 4: Review of Unit 3 &amp; Nini's teachings + Self-Massage Part 2</b> |
| Mon                                                                                      | 12/25/2023 | <b>Christmas Break - No Integration</b>                                               |
| Wed                                                                                      | 12/27/2023 | <b>Christmas Break - No Class</b>                                                     |
| Wed                                                                                      | 1/3/2024   | <b>New Year Break - No Class</b>                                                      |
| <b>Unit 4: The Fourth Pillar of Radiant Lotus Women's Qigong — Tibetan Sound Healing</b> |            |                                                                                       |
| Wed                                                                                      | 1/10/24    | <b>Unit 4, Class 1: Tibetan Sound Healing</b>                                         |
| Wed                                                                                      | 1/17/2024  | <b>Unit 4, Class 2: Tibetan Sound Healing</b>                                         |
| Mon                                                                                      | 1/22/2024  | <b>Integration Session with Daisy at 9am Pacific</b>                                  |
| Wed                                                                                      | 1/24/2024  | <b>Unit 4, Class 3: Tibetan Sound Healing</b>                                         |
| Mon                                                                                      | 1/29/2024  | <b>Integration Session with Daisy</b>                                                 |
| <b>Unit 5: Self-Cultivation, Rejuvenation &amp; Longevity Techniques</b>                 |            |                                                                                       |
| Wed                                                                                      | 1/31/2024  | <b>Unit 5, Class 1: Self-Cultivation, Rejuvenation &amp; Longevity Techniques</b>     |
| Wed                                                                                      | 2/7/2024   | <b>Unit 5, Class 2: Guest Faculty Session - Adriana Ayales</b>                        |
| Mon                                                                                      | 2/12/2024  | <b>Integration Session with Daisy</b>                                                 |
| Wed                                                                                      | 2/14/2024  | <b>Unit 5, Class 3: Women's Retreat Day</b>                                           |
| <b>Unit 6: Practicum Preparation</b>                                                     |            |                                                                                       |
| Wed                                                                                      | 2/21/2024  | <b>Unit 6, Class 1: What Makes a Good Teacher?</b>                                    |
| Mon                                                                                      | 2/26/2024  | <b>Integration Session with Daisy</b>                                                 |

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| Wed | 2/28/2024 | <b>Unit 6, Class 2: The Steadying Forces of Vertical Alignment &amp; Neutral Compassion</b> |
| Wed | 3/6/2024  | <b>Unit 6, Class 3: Feng Shui Your Physical Space for Optimum Qi</b>                        |
| Mon | 3/11/2024 | <b>Integration Session with Daisy</b>                                                       |
| Wed | 3/13/2024 | <b>Unit 6, Class 4: Adapting Your Teaching to Special Audiences</b>                         |
| Wed | 3/20/2024 | <b>Unit 6, Class 5: Transformational Teaching</b>                                           |
| Mon | 3/25/2024 | <b>Final Class Integration &amp; Where Do We Go From Here?</b>                              |