



## Radiant Lotus Wuji Hundun Qigong Certification Full Program Schedule

**Color key**

**Class (24 sessions): on Thursdays at 1:00 PM Pacific (120 mins)**

**Integration Sessions (6 sessions): on Mondays (once per month) alternating between 9:00 AM and 1:00 PM Pacific (90 mins)**

**Guest Speaker Workshops (3 Sessions): at 1:00PM Pacific on select days during Units 2 and 3 (90 mins)**

**Holidays / Vacations / No class**

**Faculty**  
Daisy Lee

**Add to your Calendar:**  
[Instructions](#)

### Unit 1

Date	Title
Thu, Sep 3	<b>Orientation and Community Gathering</b>
Thu, Sep 10	<b>Unit 1, Class 1 - Creating a Strong Foundation for Effective Teaching in Wuji Hundun Qigong</b>
Thu, Sep 17	<b>Unit 1, Class 2 - Opening the Heart and Releasing Energetic &amp; Cellular Stagnation</b>
Thu, Sep 24	<b>Unit 1, Class 3 - Finding the Unity of Breath, Movement and Yi</b>
Thu, Oct 1	<b>Unit 1, Class 4 - We Teach Best What We Need to Learn Most</b>
Mon, Oct 5	<b>Integration Session at 9am Pacific</b>

Thu, Oct 8	<b>Unit 1, Class 5 - Facing the Unexpected and Returning to Stillness</b>
Thu, Oct 15	<b>Unit 1, Class 6 - The 3 Dantians...or Are There More?</b>
Thu, Oct 22	<b>Unit 1, Class 7 - Practicing the First 6 Movements as a Complete Wuji Hundun Routine</b>
Thu, Oct 29	<b>Unit 1, Class 8 - The Pedagogy of Teaching WHQ</b>
Mon, Nov 2	<b>Integration Session at 1pm Pacific</b>

## Unit 2

<b>Date</b>	<b>Title</b>
Thu, Nov 5	<b>Unit 2, Class 1 - One Line, Dual Purposes</b>
Thu, Nov 12	<b>Unit 2, Class 2 - Oppositional Movements Don't Mean Conflict</b>
Thu, Nov 19	<b>Unit 2, Class 3 - Seeing Beyond the Visible - Observing with Situational Awareness</b>
Thu, Nov 26	<b>No Class - Thanksgiving Break</b>
Thu, Dec 3	<b>Unit 2, Class 4 - Gifts from the Earth: Grounding, Centering and Flow</b>
Mon, Dec 7	<b>Integration Session at 9am Pacific</b>
Thu, Dec 10	<b>Unit 2, Class 5 - The Body Forms an Arrow to Direct Qi</b>
Thu, Dec 17	<b>Unit 2, Class 6 - The Sword of Truth Cuts Through the Noise and What Can Be Created is Refined Balance</b>
Thu, Dec 24	<b>No Class - Holiday Break</b>
Thu, Dec 31	<b>No Class - Holiday Break</b>
Thu, Jan 7	<b>Unit 2, Class 7 - Realigning to our Practice &amp; Purpose - Post-Holiday Attunement</b>
Thu, Jan 14	<b>Guest Faculty - Karen Wang Diggs</b>
Thu, Jan 21	<b>Unit 2, Class 8 - Review and Practice of the Unit 2 Movements</b>
Mon, Jan 25	<b>Integration Session at 1pm Pacific</b>

## Unit 3

<b>Date</b>	<b>Title</b>
Thu, Jan 28	<b>Unit 3, Class 1 - Returning to Our Infant Nature</b>
Thu, Feb 4	<b>Unit 3, Class 2 - As We Grow from Childhood to Adulthood, We Can Learn How to Best Flow, Spread and Circulate Acquired Wisdom</b>
Thu, Feb 11	<b>Unit 3, Class 3 - To Fortify the Microcosm, Reconnect to the Macrocosm</b>

Thu, Feb 18	<b>Unit 3, Class 4 - Inner and Outer Awareness - Can You See What is Around You, Within You?</b>
Mon, Feb 22	<b>Integration Session at 9am Pacific</b>
Thu, Feb 25	<b>Unit 3, Class 5 - When The World is in Chaos, Meet Chaos Like a Friend</b>
Mon, Mar 1	<b>Guest Faculty - Robert Peng</b>
Thu, Mar 4	<b>No Class - Spring Break</b>
Thu, Mar 11	<b>Unit 3, Class 6 - We Begin as Spirit, and Are Gifted to Become Human, We Are Embodied in Form</b>
Mon, Mar 15	<b>Guest Faculty - George Kao</b>
Thu, Mar 18	<b>Unit 3, Class 7 - Wuji and Hundun: Exploring Theme and Sequencing in the Final Six Movements</b>
Thu, Mar 25	<b>Unit 3, Class 8 - The Alchemy of the 18</b>
Mon, Mar 29	<b>Closing Celebration + Integration Session at 1pm Pacific</b>