



# **SUMMER OPENING SERIES CLASSES**

## **for non-matriculated students**

*Opening Series* is a selection of 11-week courses that provide an introduction to basic concepts in Oriental Medicine. These classes are an integral component of Emperor's College master's degree program and academic units are awarded for each class. If you decide to enroll in the master's degree program your credits will transfer.

**Introduction to Herbal Medicine**      HB300      2 Units      Tues    12:30pm – 2:30pm  
Learn major herb groups, Chinese botanical nomenclature and an understanding of important herbs from the Oriental pharmacopoeia including individual properties such as flavor, entering meridians, functions and medicinal uses.

**Fundamentals of Oriental Medicine**      OM315      4 Units      Tues    5:30pm – 9:30pm  
This class provides the groundwork of basic principles and theories of Oriental Medicine including Yin-Yang Theory, Five Elements, Eight Principles, Etiology, Qi, Blood, Body Fluids, Zang Fu and other paradigms of TCM. Establishes a solid foundation for all future studies in Oriental Medicine.

**Art of Meditation**      EL143      2 Units      Wed    10:00am – 12:00pm  
In this class you will study the fundamental philosophy, form and practice of meditation. You will be introduced to breathing, sitting and mindfulness techniques which will foster increased awareness of internal qi, yin and yang organs, and the meridian system.

**Tai Chi I – Chen Style**      OM352      2 Units      Mon    9:00am– 11:00am  
Chen Style Tai Chi is regarded as the oldest of the five major tai chi styles (Chen, Yang, Wu, Hao and Sun). Chen Style Tai Chi is known for its low stance (chan si jin) and bursts of short, fast, explosive power (fa jin). It is more physically demanding than other forms of tai chi and combines athleticism with internal qi cultivation. In this class students gain understanding of the history and theory of Chen Style Tai Chi through the practice of basic principles, breathing techniques, movements, and centering techniques.

**Medical Qi Gong I**      OM351      2 Units      Wed    1:00pm– 3:00pm  
Students practice breathing, posture, relaxation, energy movement and mind-regulating techniques that empower a direct experience of Qi with the ability to direct it therapeutically.

Students must have a minimum of 60 semester units (90 quarter units) of undergraduate coursework to enroll.

Cost: \$170.00 per unit plus \$45.00 non-refundable registration fee.

Register early as classes fill up. Schedule is subject to revision. Call to confirm class days and times.

**11 Week Summer Quarter Begins Friday, June 27, 2014**

**Call 310-453-8300 x107 for more information.**

**Register at [emperors.edu/newsandevents](http://emperors.edu/newsandevents).**