NEI GONG CONCENTRATION

The Nei Gong (“Inner Healing”) Concentration is comprised of Tai Chi, Qi gong and meditation offerings. Emperor’s college is unique in that it is the only college of Oriental medicine in the country that offers a “qi cultivation” component that includes all five major styles of Tai Chi and several Qi Gong forms. The exposure to all five major styles of Tai Chi, with an emphasis on the medical and rehabilitative applications of the forms, makes the Nei Gong Concentration the most comprehensive inner healing program offered at a graduate level.

Nei Gong Concentration Overview

Several classes offered in the Nei Gong Concentration. Students must obtain 18 elective units, in addition to the 4 required units of Tai Chi and Qi Gong to obtain this concentration (equaling 220 hours of training or 11 classes).

**Required course to meet the (2 unit) Qi Gong Requirement:**

OM351 Medical Qi Gong  David Twicken  2 units

**Select 1 elective course from the list below to meet the (2 unit) Tai Chi Requirement:**

OM350 Yang Tai Chi  Tim O’Connor, Tang Pang-Yen  2 units
OM352 Chen Tai Chi  Ji Ling Hu  2 units
OM353 Sun Tai Chi I  Jacques MoraMarco  2 units

**Select 9 elective courses (18 units) from the list below:**

OM350 Yang Tai Chi  Tim O’Connor, Tang Pang-Yen  2 units
OM352 Chen Tai Chi  Ji Ling Hu  2 units
OM353 Sun Tai Chi I  Jacques MoraMarco  2 units
EL732 Tai Chi II – Sun Tai Chi  Jacques MoraMarco  2 units
EL255 Jade Woman I  Helena Zhang  2 units
ELTBD Jade Woman II  Helena Zhang  2 units
EL736 Yang 24Form  Ming Dong Li  2 units
EL735 Tai Chi Sword  Ming Dong Li  2 units
ELTBD Tai Chi Hao  Jacques MoraMarco  2 units
ELTBD Tai Chi Wu  TBA  2 units
ELTBD Nei Gong I  Tang Pang-Yen  2 units
EL258 Flying Phoenix Nei Gong  Tang Pang-Yen  2 units
EL143 Art of Meditation  Brendan Armm  2 units
EL733 Tai Chi Short Form  Tang Pang-Yen  2 units

*Schedule subject to change based on instructor availability.

The Nei Gong Experience

Completion of the Nei Gong Concentration would uniquely prepare graduates to incorporate tai chi, qi gong and meditative practices in class or clinical settings, at senior and rehabilitative centers, with a variety of clinical applications.