



Radiant Lotus Women's Qigong (RLWQ) Level 1 Practice Leader Certification Requirements

We are excited to announce our upcoming training from June 14-21, 2020 at Kripalu Center for Yoga and Health in Stockbridge, Massachusetts, USA.

1. Pre-requisites to become a RLWQ Level 1 Practice Leader:

- Complete the 7-week "**Radiant Lotus Qigong Path for Women**" and the 9-week "**Deepening Into the Radiant Lotus Qigong Path for Women**" online training offered by the Shift Network. These are downloadable programs that can be studied at your own pace before attending the in-person certification. For those who have not taken these programs, there is a special discount code to purchase the downloads. Please contact Program Manager, Cheri Trousil (cheri@radiantlotusqigong.com) for more information.
- **OR:** you must have attended one of Daisy's RLWQ 5-day retreats in person.
- Request and fill out the **RLWQ Practice Leader Application** and email a copy to Cheri Trousil (cheri@radiantlotusqigong.com)
- If you qualify to attend the certification, Cheri will guide you through the registration and payment process
- If further review of your application is necessary, a phone interview may be necessary with Cheri
- * RECOMMENDED BUT NOT REQUIRED: Daisy's "**Beginner Qigong for Women**" set that includes the green and blue DVD's from YMAA.com.

2. Certification Process for RLWQ Level 1 Practice Leader, June 14-21, 2020:

- Participate in the **7-day, in-person RLWQ Level 1 Training & Retreat** at Kripalu Center for Yoga & Health in Stockbridge, Massachusetts, USA. *Note: please check Kripalu's site now and again to see when the registration link is available for this 2020 program.*
- 180 days of personal practice after the in-person training
- Keep a weekly practice journal, noting changes in body, mind, emotions
- Submit a 3-page summary of the results of practice at the end of the 180 days
- Complete and pass the online written exam, plus arrange a zoom video call with Daisy for the practical exam within a year of taking the in-person training
- *SUGGESTED BUT NOT MANDATORY: practice with a Certified RLWQ Instructor, either in person or online to refine your own practice. Contact Cheri for a list of recommended instructors.

Stay tuned for other certifications available through Radiant Lotus Qigong, including Zang Fu Gong (a co-ed Cleansing Qigong form that supports detoxification and rejuvenation).

For more information: Cheri Trousil at cheri@radiantlotusqigong.com