

# **PRACTICE JOURNAL**

## Using The Practice Logs

These logs are for your own benefit to help you establish a regular practice and to help you to record your personal observations of what you experience as you practice. Recording your experiences is a great aid to learning and will help you to gain a deeper understanding of your practice more quickly, than if you do not.

Also for those students who may want to teach qigong in the future, recording your experiences as you first begin will give you something to refer to and help you to relate to your student's experiences and guide them in their practice.

Ideally you will practice your Qigong for around 30 minutes at least five times a week. The content of your practice sessions will change each week as you focus on learning and exploring different aspects of the Qigong exercises.

Fill the log out by placing a check mark in the column next to the days that you practice your qigong on. Write a brief description of the content of your practice session in the next column. In the final column record any observations from your practice, how you felt, any sensations of energy, anything new you learnt. At the bottom of each weekly log there is a space for summary notes of your Qigong practice experiences that week.

**\*Note: Students who undergo testing for this module will be required to present this filled out training log for their examiner to review.**

# Week One – Establishing Your Practice

Date:	√	Session Contents	Observations
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Notes for Week:			

## Week Two – Posture and Awareness

	v	Session Contents	Observations
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Notes for Week:			

# Week Three – Following the Movements

	√	Session Contents	Observations
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Notes for Week:			

## Week Four – Remembering the Movements

	v	Session Contents	Observations
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Notes for Week:			

## Week Five – Remembering the Movements

	v	Session Contents	Observations
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Notes for Week:			

## Week Six – Refining the Movements, Awareness of Organs and Meridians

	√	Session Contents	Observations
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Notes for Week:			



## Week Seven – Refining the Movements, Awareness of the Organs and Meridians

	√	Session Contents	Observations
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Notes for Week:			

# Week Eight – Emotions and Organ Function

	√	Session Contents	Observations
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Notes for Week:			

## Week Nine – Exploring the Movements

	√	Session Contents	Observations
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Notes for Week:			

# Week Ten – Review

	√	Session Contents	Observations
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Notes for Week:			

## Week Eleven – Enjoy Your Practice

	v	Session Contents	Observations
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Notes for Week:			

## Week Twelve – Enjoy Your Practice

	√	Session Contents	Observations
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Notes for Week:			

Dear student

I hope that you have enjoyed this course and got what you hoped to from your time spent studying and practicing.

Remember this course has been offered on a 'Give Freely Receive Freely' basis. If you have benefited from this course, please consider making a donation at [www.longwhitecloudqigong.com](http://www.longwhitecloudqigong.com)

This is how I make my living. It is a personal decision to give as much as I can without requiring payment. This makes what I do accessible to everyone regardless of financial circumstances. I do however still have all the same expenses everyone else does, so in order for me to continue to provide my services in this way I need to also receive. Developing the material for these courses and putting them into a user friendly format takes considerable time and effort. Your donation large or small will help to support my efforts to provide further courses and training materials.

You can learn more about this concept at [www.givefreelyreceivefreely.com](http://www.givefreelyreceivefreely.com)

John Munro