**Qigong Foundation Practices**

**Practice Session Logs**

**Using The Practice Session 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 – Following the Movements**

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

**Week Three – Remembering the Movements**

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

**Week Four – Moving and Breathing**

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

**Week Five – Refining the Movements**

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

**Week Six – Practicing the Movements**

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

**Week Seven – Awareness of the Organs**

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

**Week Eight – Awareness of the Meridians**

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

**Week Nine – Practicing with Awareness of Organs and Meridians**

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

**Week Ten – Exploring the Movements**

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

**Week Eleven – Enjoy Your Practice**

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

**Week Twelve - Review**

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