

**Release the Power of Your Breath**  
**Breathing Course**

**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 breathing exercises 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 breathing 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 – The Abdomen

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

## Week Two – The Ribs and Shoulders

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

# Week Three – The Complete Natural Breath

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

## Week Four – Extending the Breath

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

# Week Five – Breathing For Energy and Alertness

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

## Week Six – The Breathing Stimulation Cycle

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



## Week Seven – Internal Force

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

## Week Eight – Strength and Impact

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

## Week Nine – Endurance and Flexibility

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

## Week Ten – Cleansing Breath

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

# Week Eleven – Directing Energy

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

## Week Twelve – Practice Analysis

|                 | v | 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 will help to support my work in continuing to develop further qigong courses.

Make sure you subscribe to the Long White Cloud Qigong email newsletter to stay up to date with when new courses and workshops become available.

John Munro