

VIDEO DOWNLOAD INSTRUCTIONS

Due to the fact that there are a LOT of videos in the Good Morning Good Evening Qigong Course using a **One Click Download** for all of the videos at one time would require a massive amount of time and resources for your computer to complete.

Therefore we have provided you with the direct links to each of the videos in your member's area. You can use the links in this document to quickly access each video and download them with just one click!

You must be logged into the member's area to access the videos.
The Satori Method Academy member's area can be accessed here:

Member's Login: <http://satorimethodacademy.com>

=====

Download The Videos: Simple 3-Step Process

Step One: Login to the Satori Method Academy

Step Two: Click on the video link(s) from this document

Step Three: Use the One Click Download link under each video

=====

QUICK START VIDEOS

[Good Morning Qigong Blueprint Basics](#)

[Good Evening Qigong Blueprint Basics](#)

WEEK ONE

GOOD MORNING QIGONG – AWAKENING YOUR CHI

[Welcome Video](#)

[Private Lesson](#)

[Follow Along](#)

WEEK ONE – CONT.

GOOD EVENING QIGONG – CLEANSING YOUR CHI

[Private Lesson](#)

[Follow Along](#)

WEEK TWO

GOOD MORNING QIGONG – BUILDING YOUR CHI

[Private Lesson](#)

[Follow Along](#)

GOOD EVENING QIGONG – CALMING YOUR CHI

[Private Lesson](#)

[Follow Along](#)

WEEK THREE

GOOD MORNING QIGONG – STORING YOUR CHI

[Private Lesson](#)

[Follow Along](#)

GOOD EVENING QIGONG – ACCUMULATING YOUR CHI

[Private Lesson](#)

[Follow Along](#)

WEEK FOUR... AND BEYOND

GOOD MORNING GOOD EVENING – POWER SESSIONS

[Good Morning Qigong Power Session](#)

[Good Evening Qigong Power Session](#)