

GOOD MORNING GOOD EVENING QIGONG QUICK START GUIDE

Good Morning Good Evening Qigong is a comprehensive course, where we personally guide you through 4-weeks of training to create massive amounts of balanced energy, astonishing magnetism and a great night's sleep!

Getting Started, it's as easy as 1-2-3!

Step One:

After reading this Guide and using the other "Getting Started Materials" watch the "Fundamentals" video before beginning the main program. It's located on the Good Morning DVD/Disc One, Track One or in the Member's Area in WEEK ONE.

Step Two:

Start each week by watching the "Private Lesson" track a couple of times, or until you feel you have grasped the understanding and coordination of each move. Understanding the benefits and subtleties will drastically increase your results!

Step Three:

Use the "Follow Along" training as your daily practice throughout the 4-weeks of cultivating your Qigong practice. Remember to enjoy your BONUSES too! If you get stuck at any point please join us for live coaching -- found in the bonus area.

Which DVD or VIDEO do I use and when?

Use the Good Morning DVDS/VIDEOS in the morning

Week One / Video 1: Fundamentals and Awakening the Chi

Week Two / Video 2: Building the Chi

Week Three / Video 3: Storing Chi the Chi

Use the Good Evening DVDS/VIDEOS in the evening

Week One / Video 1: Cleansing the Chi

Week Two / Video 2: Calming the Chi

Week Three / Video 3: Accumulating the Chi

I've Reached Week Four – Now What?

Congratulations, you are now ready to graduate to the Power Sessions!

Using the Power Session DVD/VIDEOS

Use the Good Morning 10-Minute Power Session in the morning

Use the Good Evening 10-Minute Power session in the evening

Using the Power Session Audios:

Once you fully grasp the Power Sessions and want to practice on your own or out in nature without "watching" Peter and Tristan then use the Power Session audios. You might want to transfer these audio tracks to your smart-phone or an MP3 player.

More Details About The Course:

Before You Begin:

Before starting with the curriculum for Week One we suggest that you watch the Welcome & Fundamentals Section (located on the first DVD or in Week One of the Member's Area) so that you understand the basic posture, breathing and mindset of Qigong.

6 Private Lessons:

In the 6 Private Lessons (3 lessons for the Morning Qigong and 3 for the Evening Qigong) we take you slowly through the nuances, the subtleties and the details of each movement. This will maximize your results for that week and give you a deeper understanding of what is going on in your body throughout the sequence.

The morning private lessons focus on Awakening, Building and Storing your energy; while the evening sessions Cleanse, Calm and Accumulate your energy. We suggest that you watch each private lesson several times to truly soak in all the fine points.

Follow Along Lessons:

The "Follow Along" tracks are your daily routines. You'll feel as if you right there with us up in the mountains in the morning and down in our Zen cottage in the evening as we flow through the routines together to beautiful music.

Week One:

In Week One, your private lesson concludes with two 5-minute routines that you use for your daily morning and evening practice throughout that week.

Why only 5-minutes? Because in week one- we are still focusing on the fundamentals and increasing your body's capacity to hold more of the current!

You will begin to feel the power, vitality and joy of your body being totally alive with vibrating energy.

Week Two:

In Week Two, the private lessons expand your curriculum by adding an additional 5 minutes to your daily morning and evening routines.

Now your daily Follow-Along practice has expanded to two-10 minute sessions – your Good Morning session and your Good Evening session.

Remember these highly sought after ancient secrets taught in the Private Lessons will give you an effective understand and application of how it all works. Qigong is so simple and easy on the body – anyone can do it once they've been shown the specific sequence and routine.

Week Three:

Now week 3 is the big week! This week pushes the limit on the voltage. You'll be expanding your energy system... like an athlete working on their stamina and endurance. In the Private Lesson section we add the final 5 minutes of training.

This week gives you 15-minutes in the morning and 15-minutes in the evening. Radical and amazing things are going to happen to your energy levels!

We'll be there with you every morning on the mountaintop, and every evening in our Zen cottage. At this point you'll start to notice that your intuition spikes – you start to “just know” what to do and when to do it.

Week Four:

In week 4, we take everything you have learned and compress it into two 10-minute Power Sessions! (There is no Private lesson for week-4 since you have covered all the details in the previous weeks).

This is your practice to use for the rest of your life! Get ready for the floodgate of unlimited energy to open up... where you start attracting whatever you want by tapping into the awesome force of magical energy and creating the extraordinary life that you deserve.