



Naturally Super-Charge Your Life-Force, in Just 10 Minutes!

QIGONG

GOOD MORNING

GOOD EVENING

QUICK START GUIDE

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YOUR LIFE-FORCE, IN 10-MINUTES!**

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Welcome!

Welcome to Satori Method and thank you for your purchase of our **Good Morning Good Evening Qigong** program!

Satori Method was co-founded by Tristan and Sabrina Truscott and is 100% dedicated to sharing with the world the keys we've discovered to vibrant health, well-being and happiness!

We created this Qigong home study program with our good friend, Peter Ragnar. In this program, you're guided through 4-weeks of training to create massive amounts of balanced energy, astonishing personal and energetic magnetism and a great night's sleep!

Once you know the nuances of the morning and evening private lessons you can use the follow-along routines to cultivate and maintain your health and vitality for a lifetime!

Enjoy your training and transformation!

Tristan & Sabrina Truscott



QUICK START: It's as easy as 1, 2, 3

In this Quick Start Guide you'll learn what you need to jump in and get started!



Step One:

After reading this Guide and using the other “Getting Started Materials” watch the “Fundamentals - Five Core Principles” video to understand the basic posture, breathing and mindset of Qigong before beginning the main program (located under “WEEK ONE” in the navigation menu.)

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 BONUSSES too in your own time!

Which VIDEO do I use and when?

The online course is divided into weeks and each week contains morning and evening routines for that week.

For example, in this first week, the morning and evening routines you need are under “Week One.” So for each day this week, you’d do the morning routines in the morning and the evening routines in the evening.



So... I've Reached Week Four – Now What?

*Congratulations! You're ready to graduate to the **Power Sessions!***

Using the Power Sessions Menu Option

Each Power Session incorporates all 3 weeks into one routine, so each day...

- 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” Tristan and Peter, then you can use the Power Session audios. Note: You might want to transfer these audio tracks to your smart-phone or an MP3 player so they are offered as a downloadable file.





And that's it! That's really all you need to Quickly Get Started - But...

...here are some more details about each element of the main program:

The 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 for the day; while the Evening sessions Cleanse, Calm and Accumulate your energy to give you a deep, restful and restorative sleep.

We suggest that you watch each private lesson several times to truly soak in all the finer points.

The Follow Along Lessons:

The “Follow Along” lessons are your daily routines.

You'll feel as if you are 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 the first 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 energy!

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 that these highly sought-after ancient secrets that we teach in the Private Lessons, will give you an effective understanding 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.

