

Personal Growth Opportunities Provided By Pacific College

Each semester Pacific College offer personal growth courses to it's students, staff, and friends in order to promote the health and well being of our campus community. These courses not only build our collective spirit, but allows our students and staff to reduce stress, improve immunity, and strengthen body, mind, and spirit. While each campus offers a variety of different courses, they are all offered at a nominal or no cost, and are open to the community.

San Diego's campus offers a wide array of activities for personal growth and development. Tai Ji Push Hands with Herman Kauz, Jujitsu, Kung Fu, and Qi Gong are all provided to aide in the growth of personal chi, physical prowess, and spirituality. Vinyasa yoga, pilates and belly dancing are also taught to increase flexibility, enhance life's enjoyment, and relieve stress and anxiety.

The New York campus offers personal growth classes throughout the year by faculty including Master Fukai Yang, staff, alumni and students in yoga, Pilates, mediation, medical Qi Gong, Ba Gua, and an elective course in Clinical Energetics, which enables participants to deepen their understanding of the healing process. Through these classes, students benefit from feeling a supportive community within the educational environment.

New York also offers a meditation and movement room for its students, staff and faculty to enjoy throughout the day, when Tai Ji, Qi Gong and massage classes are not in session.

Sacred Space sessions are also held several times a semester. During these sessions all community members are invited to join in a group meditation practice to cultivate group qi. Those who participate not only benefit personally, but are able to spread the positive energy to those who surround them.

Chicago provides personal growth opportunities to its community through scheduled classes including NIA and Meridian touch. These courses enable participants to further develop their healing techniques as well as strengthen their physical and spiritual selves. Increasing personal consciousness and technique not only aids in growth as an individual, but helps to achieve a deeper sense of attunement with patients and colleagues.

All personal cultivation classes on each campus are taught with fun and relaxation in mind. When our students, staff, faculty, and friends are enjoying themselves they are more capable in moving their qi, and further developing their knowledge and skill of the healing arts.

Class Descriptions

To further encourage personal growth, please read the following course descriptions.

Qi Gong – is well known as a health-maintenance exercise involving the coordination of breathing exercises, mental concentration, physical postures, and body motions. Qi Gong and its related disciplines are strongly associated with martial arts and meditation routines studied by Taoist and Buddhist monks and skilled martial artists. Medical Qi Gong has been used widely, and is the standard medical technique of Chinese hospitals.

Tai Ji – is an internal martial art and therapy, usually practiced to promote health and longevity. Rooted in deep relaxation and gentle flowing poses, this style is known as a soft martial art and great form of meditation.

Ba Gua – is a central philosophical concept rooted in ancient China. It is an octagonal diagram with one trigram on each side relating to natural elements and family members. Ba Gua is applied to Taoist thought and throughout Chinese culture in feng shui and martial arts.

Jujitsu – is a Japanese martial art that uses an opponent's strength against himself in self-defense. There are many styles of Jujitsu, but most concentrate on grappling, locking, pinning, and throwing techniques.

Pilates – is a method of total body conditioning that emphasizes proper alignment, concentration, control, breathing and flowing movement. It is well noted for its great strengthening of deep torso muscles often used by dancers and athletes. Through concentrated breathing techniques and mental control of muscles many people really enjoy this exercises benefits.

Ashtanga Vinyasa Yoga – is an aerobic and physically demanding form of Yoga targeted at focusing the mind and body. The purpose of Vinyasa is to create heat in the body, which leads to purification of the body through increased circulation and sweating. It also improves flexibility, which allows the student to practice advanced asanas with reduced risk of injury.

NIA – is an exercise technique created to combine the benefits of Tai Chi, Yoga, and dance. By maintaining a low center of gravity, this newer discipline helps to develop sensory awareness and a nourishing energy relationship between your body and the world around you.

Meridian Touch – is a form of Japanese Yoga that incorporates compassionate touch benefiting both the giver and receiver. It helps each person relax and encourages the release of tension and increased qi.

Please contact the campus nearest you to find out the specific times and events that are taking place this semester.