



Advanced Health Qi-gong Yi Jin Jing Workshop

(Course Code:HKOTA-O-00-24-0037)

Organized by: *Hong Kong Occupational Therapy Association Ltd*

Date: 16th November, 2024

Time: 01:45pm to 06:00pm

Venue: 16/F, Tung Wah College. No.98 Shan Tung St, Mong Kok.

Target Participants:

Priority will be given to Occupational Therapists who have previously completed either the "Health Qigong Coach – Junior Level" training or the joint Yi Jin Jing training by HKOTA.

Capacity:

20 (First-come-first served)

Speaker:

(Please refer to Appendix I for the details) Dr. Bacon Ng and Ms. Stella Chan Trainer: ????

Course Fee:

	Early bird (before 28th October 2024)	Regular
HKOTA members	HKD 500	HKD 400
Non-HKOTA members	HKD 1000	HKD 800

For enquiries and registration, please contact:

Ms Lydia Yip (e-mail: hkotaeomail@gmail.com) Ms. Priscilla Siu (e-mail: siu.priscilla@gmail.com)

Deadline for application: 7th November 2024

Deadline of application 2024-11-07 (28th October 2024 for early bird)

HKOTA CPD: 4 points

Remarks:

This workshop aims to equip occupational therapists with advanced skills in Yi Jin Jing, a traditional Chinese health Qi-gong practice. Participants will master the intricate movements and underlying principles of Yi Jin Jing, gaining a deep understanding of its therapeutic potential.

Programme Rundown:

Day 16 - 16 November 2024

Time	Presentation Topic	Speaker
13:45 – 14:00	Registration-sign in	
14:00 – 14:10	History of development and background of Health Qigong in OT practice	Ms. Gloria Cheung
14:10 – 14:40	Evidence based practice of Health Qigong in pain and its application in hospital	Ms. Stella Chan
14:40 – 15:25	TCM understanding of Yi Jin Jing	Dr. Bacon Ng
15:25 – 15:40	Break	
15:40 – 16:00	Warm up	Ms. Gloria Cheung
16:00 – 18:00	Upgrading skill in practice and in teaching of Yi Jin Jing	Mr Han Xiao