



## New Student Orientation

[www.quietthunderchikung.org](http://www.quietthunderchikung.org)

**What Happens in Chi Kung class:** Class starts at 7pm, come at 6:45pm if you are a new student. You will have the chance to say a bit about yourself, ask questions, sign a waiver, and be led through the position for the meditation before other students arrive, so that you'll have a better idea of what's going on once class begins.

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At 7pm we bow in. Tzun Tzun, our guide, leads us through a standing meditation for 30-40 minutes. During this time he may touch you, chant, ring bells or work with your energy. In order to get the most out of the meditation, we recommend you attend weekly classes for at least one month. After the meditation Tzun Tzun talks, and leads us through Chi Kung and Empty Force exercises that open you structurally, emotionally, energetically and mentally. A lot of what Tzun Tzun says may not make sense to you at first, and you need to be open to listening instead of looking for an answer. There's a lot to take in, so don't worry if you feel a little overwhelmed. Just let it wash over and through you. Be quiet. Give it some time.

### **Requirements:**

- Be willing to follow instructions and not make excuses.
- Be willing to work with others.
- Leave your ego at the door, which means letting go of your image, opinions, your position and attitude that you project.
- Be willing to focus on your own growth, without needing to compare yourself to others.
- During the class, the instructor may touch you to help you align your structure and open up. If this is not okay with you say something and we will work with you.
- Learn to listen rather than assume. Be willing to experience things in a new way.
- **Be patient.** In time, you will grow to understand what happens, what is said, and what you are feeling.

**After class: Take a shower.** You will have released a lot during class and much of it comes out through the skin. Taking a shower will help you get a good night sleep. You are adjusting to new levels of energy in your body. Your muscles and energetic system are building stamina and strength. This may be painful at times. Take it easy, be with the sensations and talk about what's happening for you with other class members.

**Dues:** \$18 drop-in or \$65/month for one class/week, \$120/month for 2 classes/week. Payable in cash or check made out to "Quiet Thunder".

**Feedback:** After class, if you need to talk about anything that you experienced, don't hesitate to talk with Dana or Tzun Tzun. And if you liked class, tell your friends!

**We look forward to working with you!**



## Student Information Sheet

NAME:	
Address:	City, State, Zip:
Phone:	Email:
We do follow-up after classes. How would you prefer to be contacted? (circle one) Phone Email	
Medical Conditions, Injuries or Surgeries:	
What experience have you had with Chi Kung, yoga, or martial arts?	
Why are you interested in Chi Kung?	
What are some of your other interests?	
Anything else you'd like us to know about you?	
Tzun Tzun writes inspirational newsletters monthly. Would you like to be added to our e-mail/discussion list? (circle one) <b>Y N</b>	
Quiet Thunder T-shirts are available for \$20. Payable in cash or check made out to Quiet Thunder. Please circle your size: <b>S M L XL XXL XXXL</b>	

**Thank you!**



## New Student Disclaimer

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The undersigned participant has been informed that Quiet Thunder LLC does not provide accident, health, medical or disability insurance for the protection of those who participate in the programs offered.

The participant is responsible to bring all questions and concerns to the attention of Quiet Thunder officers and teachers, do not discuss with other students.

Accordingly, the undersigned acknowledges the responsibility of providing insurance against the above risks or enters into the exercises of the program at their own risk. In consideration for the privilege of participating in the program, the undersigned holds Quiet Thunder, its officers and teachers, harmless from any and all loss or damage arising from any accident occurring during or in connection with participation in the program. Furthermore, emergency/medical attention may be administered to the undersigned in case of injury, accident or illness.

### Contact Information

\_\_\_\_\_  
Participant's Printed Name

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Quiet Thunder Rep

**We look forward to working with you!**