



Qigong Teacher Training

Prospectus

Welcome to the Shiatsu College Qigong Teacher Training Programme

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"We are what we repeatedly do. Excellence, therefore, is not an act, but a habit."

Aristotle

Introduction

We are passionate about good practice in the teaching of Qigong and this two year course has been developed as a response to the growing need for a comprehensive teacher training. The course is created and delivered by three Qigong practitioners and teachers with years of personal practice as well as broad and extensive experience in the art of teaching and teacher training. This exciting new training respects the traditions and historical roots of Qigong whilst providing you with the understanding, skills and creativity to teach in the 21st century. New developments in Energy Medicine make this an ideal time to be studying the art and science of Qigong with a leading College which has 25 years experience in energy work.

“This has been a transformative course. I have learnt more than I thought possible...about the qigong theory and practice, about how to teach, but also about myself. I have gained in confidence of my own abilities and of myself as a person. The teachers are great - they complement each other really well and have put together a world class programme of learning that they deliver using a variety of styles to suit all learners.” Ettaline, Oxford



The Shiatsu College was founded in 1986 by a group of experienced and innovative Shiatsu teachers. Since then the College has expanded and flourished and branches have spread around the UK. Qigong has been an integral and important component of the training. Teachers, students and graduates of the College have established strong and enduring personal Qigong practices. The College has an international reputation for professional excellence and is accredited by Laser Learning Awards (formerly Open College Network, South East).

The Qigong Teacher Training Course is available in Bristol, Hastings and London.

About the Programme

The course runs over two academic years. Each year consists of three modules and there is an additional online anatomy module taken during the course.

Contact time is one weekend a month with assignments, practice and teaching experience to complete as part of the assessment process. We consider the best way to learn to teach is to get out into the community and do it! We give you the encouragement and support you need to set up your own classes, helping you to fund the course as you progress.

The aims of this programme are to:

- Develop and deepen your own Qigong practice
- Share skills which encourage the spread of Qigong for well being and health promotion
- Enable you to become a confident and effective teacher of Qigong

Course Outline: All modules are 3 weekends.

Year One

Module 1. Taoist Roots in Practice

Module 2. Anatomy of the Energy Body

Module 3. The Art of Teaching

Year Two

Module 4. The Matrix of Meridians

Module 5. Meditation and Visualisation

Module 6. The Practice of Teaching

Who can apply?

The course is open to practitioners of Qigong, existing Tai Chi/Qigong teachers from all traditions, graduates of Shiatsu and related disciplines who have a personal Qigong practice. The Shiatsu College is proud of its reputation for inclusivity and we welcome students from all backgrounds.

What experience do I need to train as a teacher?

Even though no specific academic qualifications are required for this course, an ability to reflect on your own educational and learning experience is important. Admission onto the course will be via your application form and an informal discussion with one of the teachers during which we will discuss your experience of Qigong or related practice.

Is Accredited Prior Learning (APL) available?

Yes. If you have experience or training that would allow you to be given APL for part of the course, please contact us to discuss your own individual circumstances.

Where will the course take place?

Hastings, Bristol or London; see Dates, Fees and Bookings for details of venues.

Do I need a qualification in anatomy?

Knowledge of anatomy is essential for understanding posture, for helping others with their health problems and for aiding communication with other health professionals. Our unique, accredited online anatomy course focuses on movement and stretches and can be completed over the two year training programme.

What is expected of me?

Attendance at each of the weekends. In addition there is an average of at least six hours a week of personal practice, reading, assignments and preparation for the training weekends.

What will I study?

There are four strands to the curriculum

- Developing your own practice
- The art of teaching
- Qigong theory, ancient and modern
- Qigong forms

There are a variety of forms to explore and develop, including Tai Chi Qigong Shibashi sets one and two, Five Element Qigong, Four Seasons, Five Animal Qigong, The Nine Forms of Congential Qigong. You will also learn additional short Qigong forms, warm ups, Qi development exercises, breathing and meditation. And, of course, we will all learn new things from each other.

Absences, assessment and graduation

We ask that students attend all the teaching sessions, however you may miss a maximum of two training days a year, but additional study is necessary and liaising with your peers is essential to make up for missed contact time. If you miss more than two days then we ask that you make up the sessions by other means. This would usually be done with tutorials and may involve additional cost. In case of absence, your course fees are still required. All assessment criteria for each module must be passed before graduation. We will issue clear assessment guidelines in advance of each module.

All course fees are to be paid before graduation.

Module One. Taoist Roots in Practice

We examine the foundation of our practice and how to nurture and develop it. We explore the building blocks of energy work and look at the Taoist roots of Qigong, its historical context and basic principles. We also concentrate on the importance of Wu Chi and postural alignment. You will explore the alignment through the spine, Qi (Chi) development, standing Qigong and abdominal breathing.

Assessment is by a portfolio entry to include:

A practice file of evidence exploring the historical roots of Qigong

Tutor observations

One written self development log

Module Two. Anatomy of the Energy Body

We explore ways of deepening our practice with an understanding of the philosophy of Yin and Yang and the principles and theories of Chinese Medicine. We learn to connect with Qi, with stillness and activity, meditation, and the breath. We explore the energy centres and gates, learning common acupuncture points and their use in Qigong and self healing. Through an exploration of the Five Phases (Elements), we learn to follow the natural rhythms of our body, living in harmony with nature and the seasons.

Assessment is by a portfolio entry to include:

A practice file of evidence exploring the theory and practice of Chinese Medicine

A practical test on the location and function of twelve useful acupoints

Tutor observations

Peer assessment

Reflective diary

Module Three. The Art of Teaching

“ The true teacher defends his pupils against his own personal influence.... He guides their eyes from himself to the spirit that quickens him. He will have no disciple”

Amos Bronson Alcott

Teaching is a wonderful practice in energy work. In this module we focus on the preparation for teaching practice. You will explore effective teaching and learning, how to get the best from your students and how to collect a tool box of warm up activities and Qi development exercises. We explore our own potential in communication and look at the relationship between professional development and finding our strength and confidence.

This module includes:

- teaching and learning styles
- preparation and planning
- the energetics of money
- communication
- giving feedback
- self evaluation
- health and safety
- energetics of teaching part one, scanning and modelling
- teaching in different settings

Assessed by:

A scheme of work for a Qigong course

Lesson plans

Evaluation of teaching

Tutor observations

Peer assessment

Reflective diary

Module Four. The Matrix of Meridians

This module explores developments in energy medicine; in addition to learning more about Taoist philosophy and Eastern medicine, we examine some of the exciting work in the field from a modern perspective. We learn how Qigong movements relate to the meridians and their functions. We look at how to strengthen the core with breath, meditation and movement.

Assessment is by a portfolio entry to include:

A practice file of evidence exploring energy work; traditional and modern

Tutor observations

Peer assessment

Reflective diary

Module Five. Meditation and Visualisation

Mindfulness and meditation are the main threads of this module. We focus on deepening your Qigong with intention and Qi projection. We explore the relationship between Qigong healing, Shiatsu and other forms of energy healing and look at the ways in which Qigong can help specific health problems.

Assessment is by a portfolio to include:

A practice file of evidence exploring the use of the Nine Forms to increase our focus and intention

A practical test on the location and function of twelve useful acupressure points

Tutor observations

Peer assessment

Reflective diary

“I love this course...the quality of the teaching is outstanding, the atmosphere of supportive, loving encouragement, openness and rigour is beautiful... this course walks the walk and does what it says on the tin!” Nick, Eastbourne

Module Six. The Practice of Teaching

Module Six consolidates the teaching aspect of the course which we hope will bring out the best in you and your regard for the art of teaching. We bring together knowledge of the forms, the theory and the love of our subject.

This module includes:

- ethics
- marketing
- materials
- finances
- assessing group and individual needs
- managing group dynamics
- energetics of teaching part two, using the Qi field in Qigong class
- getting the best from your students

Assessment is by a completed portfolio to include entries from previous modules, and for this module;

Evidence of teaching practice

Tutor observations

Student testimonials

A written self evaluation

Course evaluation

“Such a privilege to be on this course”. Yasmin, Bexhill On Sea

Anatomy Module: Connections through the Body-Mind

"Our bodies are our temples. The essential function of a temple is to provide communion, feed the soul and awaken the spirit."

Deane Juhan

Our online course in Anatomy is underpinned by an absolute wonderment of the miracle of life. The course is fun, easy to digest and rooted in movement and breathing. You will work individually and in groups to learn about the connections in our bodies. As well as studying anatomical terms, we learn to listen to ourselves and observe others.

Even if you have studied Anatomy before you might like to rediscover the awe, renew your knowledge and refresh your interest. In particular we look at the body through the new paradigms; the work of James Oschman (Energy Medicine–The Scientific Basis) Thomas Myers (Anatomy Trains) and Deanne Juhan (Job's Body).

This is an online course. It is an opportunity to engage with the online learning environment – useful for any teacher in the 21st century. We aim to find a balance between working in your own time and adhering to strict time limits, so part one is a ten week course focusing on bones and joints. This is taken in your first year. The second part is twelve weeks focusing on muscles and movement using meridian stretches; you complete this in year two.

"I thought the timings were just right and look forward to the next part. Final words – a very impressive course." Alvin, Hastings

"Having been a little nervous about the Online Anatomy Course at the beginning, using an online forum for the first time as well as a formal Anatomy Course, having not done anatomy since school many years ago, I can say my fears were unfounded. I really enjoyed both the interactive forum environment and the course content and the way it was presented." Claire, Stockport

"I like the way that its fun learning such a complicated material, I felt daunted by the idea of studying anatomy, but in fact it has been great, and very helpful, each assignment was a step forward, and even though it will take time to learn all this new language, this course makes it easy and possible!" Maria, Norwich

The Teachers



Annie Cryar BSc. Cert.Ed.(1974) Dip.Shiatsu, MRSS (T)

Annie is Principal of the Shiatsu College, Hastings. She started her career as a teacher in primary schools in the early 1970's and her interest in the art of teaching continues to the present day. Annie has a wide range of teaching experience and has mentored teacher-trainees in both mainstream education and for the UK Shiatsu Society. Annie is a member of the Shiatsu Society's teacher trainer panel and has worked with The Shiatsu College teacher training programme, she has also assisted on the National College of School Leadership, a professional programme for head teachers. She gained a qualification in Internal Verification in 2010. Annie was inspired to practise Qigong through the teaching of Nicola Ley and Paul Lundberg and has more recently studied with Sifu Wing Cheung. She has taught Qigong, Yoga and Shiatsu for the past nineteen years. She is committed to helping students find the best in themselves to teach the form, the essence and the spirit of Qigong.



Catherine Burnett BEd, Dip.Shiatsu, MRSS(t)

Catherine graduated as a teacher of Physical Education with Dance in 1993 and her teaching background led her to a career in management training and development. She was responsible for the design and delivery of development workshops and one to one coaching, including stress management, the art of facilitation, giving feedback, presentation and communication skills.

Catherine is a registered member of the Shiatsu Society and Complementary and Natural Healthcare Council. She has a diploma in Shiatsu and Traditional Chinese Medicine from

the Shiatsu College. She has studied various styles of Qigong and since 2007 has trained with Sifu Wing Cheung, who inspired her to spread the benefits of Qigong to the wider community. Catherine teaches very popular private classes and courses in Hastings and is also employed by Hastings Borough Council and Rother District Council as their specialist Tai Chi Qigong teacher. She has worked in partnership with the NHS and ESCC, teaching Qigong on various well being programmes.

Catherine is passionate about the integration of Qigong into mainstream healthcare and her interest lies in combining the ancient wisdom of Taoism with new perspectives in energy medicine.



Nicola Ley (Nicola Pooley) BSc, BA, PGCE, Dip.Shiatsu MRSS (T)

Nicola started teaching in Tokyo in 1978, while she was discovering Shiatsu. She returned to England and studied to be a secondary school teacher at the London College of Education in 1980 – the ethos was student centred learning and a great emphasis was placed on the philosophy and politics of learning. She subsequently, taught in a large London school. In 1984 she was involved in setting up the Shiatsu College with a particular emphasis on curriculum development. Nicola has delivered Shiatsu teacher training since 1996 and has been a teacher trainer for many of the Shiatsu Society's teachers.

Nicola took up Qigong in 1984. She has practiced almost every day since. She has studied Tai Chi (Yang style) and a wide variety of Qigong forms. In 2001 she studied Hua Gong with Dominic Hill who has transformed her practice. He helped her take the Qigong practice she had been banking since 1984 to a current account!

Nicola is the author of *Shiatsu in a Nutshell* and has produced a CD – Qigong, and a DVD with Carola Beresford-Cooke – *Helping Ourselves Heal*.

For further information:

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