



London Prospectus

THE SHIATSU COLLEGE EST. 1986



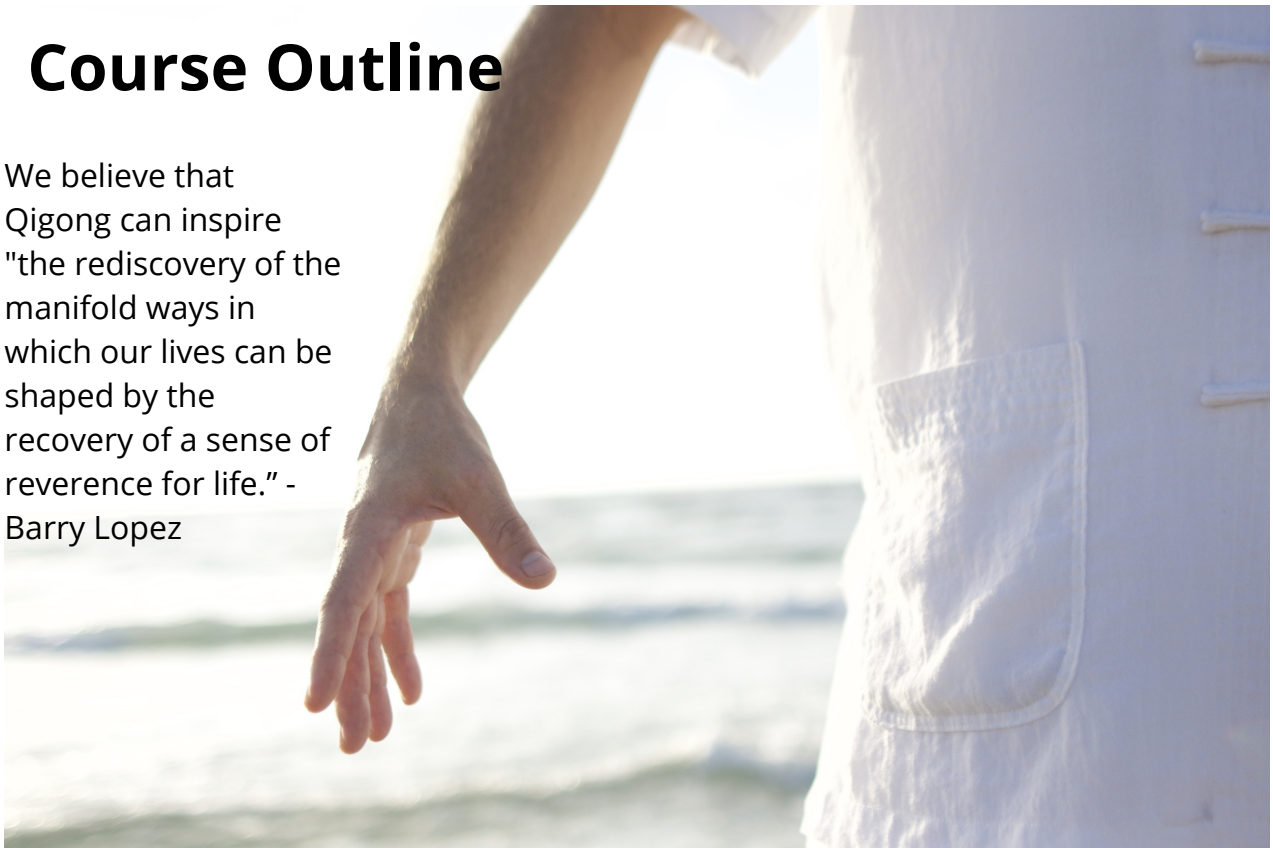
Now in its 14th year, this Qigong teacher training course has been created and developed by three Qigong practitioners and teachers with years of personal practice as well as broad and extensive experience in the art of teaching and teacher training. In fact, Catherine, Annie and Nicola have over 100 years of practice and teaching between them, which means that they can support you in the best way possible to teach your own Qigong, as well as develop and guide your practice.

This is an ideal time to be studying the art and science of Qigong, with a leading College which has 30 years experience in the teaching of energy work. We believe in the importance of face to face contact in teaching and learning. This well-established Qigong Teacher Training aims to: enable you to become a confident and capable teacher, develop and deepen your own Qigong practice and share skills which encourage the spread of Qigong for well-being and health into the wider community.

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- **Courses held in London, Bristol and Residential Venues in UK**
 - **The Shiatsu College is one of the most established College's of energy work in the UK**
 - **Level 4 Anatomy online course included**
 - **Highly experienced teaching faculty**
 - **Transparent fees and payment structures**
 - **Progression to Level 4 Certificate in Education and Training possible, a Government recognised teaching qualification**
 - **Uniquely, graduation qualifies you to join the Complementary Therapists Professional Association, CThA**

Course Outline

We believe that
Qigong can inspire
"the rediscovery of the
manifold ways in
which our lives can be
shaped by the
recovery of a sense of
reverence for life." -
Barry Lopez



The course is organised into three modules, Qigong Essentials, The Breath as a Bridge and Stillness and Movement.

The modules are spread over a period of 18 months. Study takes place face to face at every weekend except for one where we focus on the practicalities of teaching online and hold our sessions on Zoom.

You can expect to devote at least six hours a week to your home practice and study

Qigong Essentials:

The principles and essential ingredients of Qigong

The major philosophical, spiritual and medical influences on modern practice

An understanding of the anatomy of the energy body

The experience and practice of mindfulness

What makes an effective teacher

Health and safety principles in the teaching of Qigong

How to prepare a scheme of work and session plans

Shibashi Qigong Set One

The 8 Strands of the Brocade

Strength and flexibility for Qigong

The Breath as a Bridge:

The Nine Forms of Pre Heaven Qigong

More about the principles of Qigong for health and Medical Qigong

The connection to specific energy gates and channels

The role of the breath in Qigong The teaching of relaxation, visualisation and meditation

The 'Gong' of marketing

The principles and perception of Qi Fields and how we manifest our intention

More about the art of teaching — an appreciation of learning and teaching styles and how they can inform your teaching

Stillness and Movement:

Shibashi Qigong Set 2

More about the practice of the Nine Forms

The practice and principles of meditation

More on the teaching of relaxation, visualisation and meditation

Techniques for holding the Qi field during meditation

Particular methods for teaching movement

The importance of ethics and professionalism in teaching

Ideas and tools for marketing your work

The benefits of Qigong from a modern medical perspective

I liked almost everything about the course – and I'm being completely honest! I feel privileged to have taken part in it.

Marina Chrysou - Graduate 2015

Requirements



No academic qualifications are necessary. You need to have had a regular Qigong practice for at least two years to apply. We welcome all enthusiasts who want to share their love of Qigong. This course is for all!

'This has been a transformative course. I have learnt more than I thought possible...about 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.

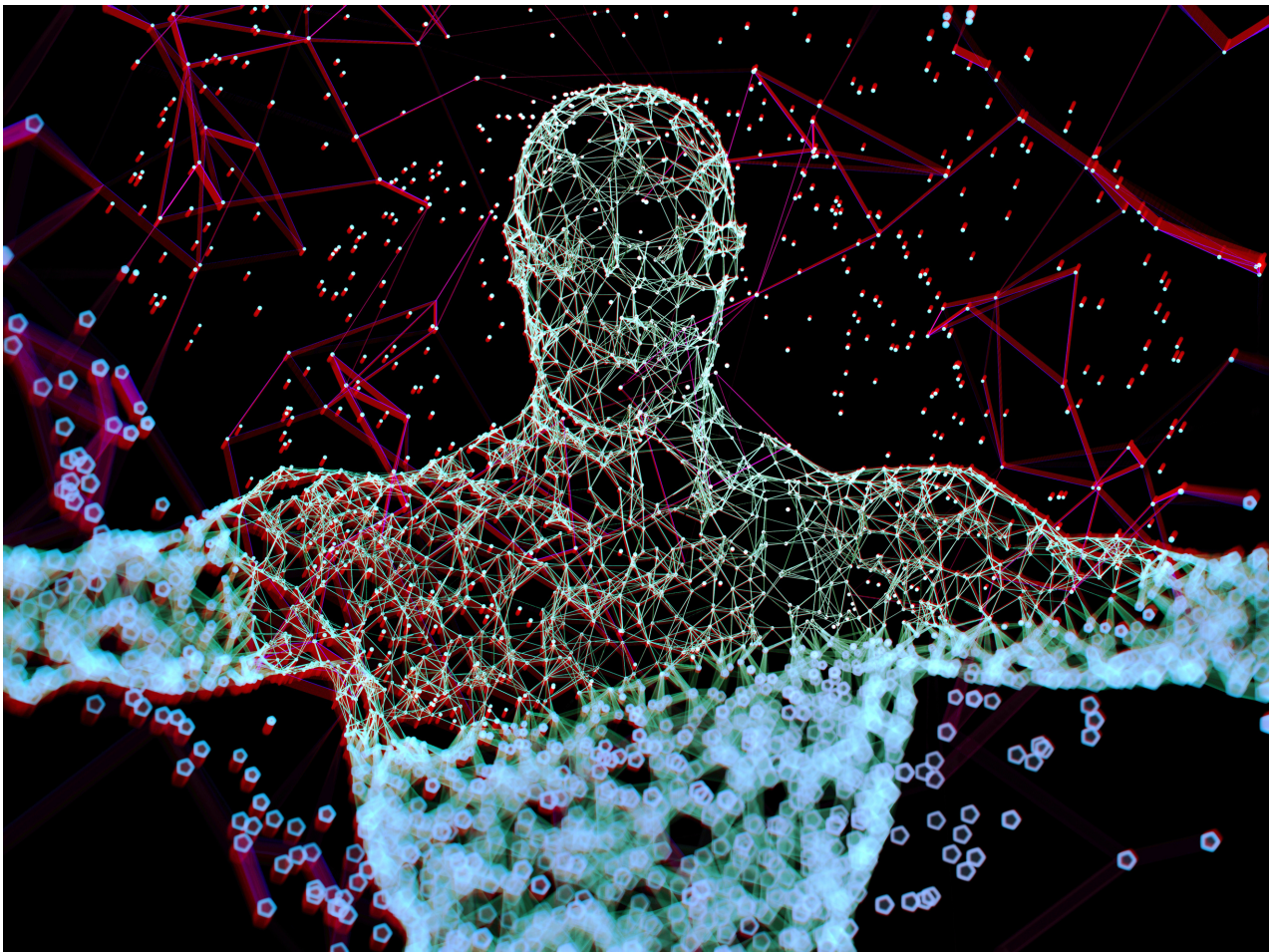
The teachers are great - they complement each other really well and have put together a world class programme of learning that they deliver using a variety of styles to suit all learners.'

Ettaline Hill, Graduate 2008

Holistic Anatomy

You will gain a thorough grounding in Holistic Anatomy at Level 4 as part of this course. Emphasising functional anatomy and the communications systems in the body, the link between anatomy and Qigong is explored with both lightness and depth.

Each Anatomy topic provides an overview with learning outcomes and resources to support your learning. Your online learning is reinforced in class. Assessment is by quizzes and assignments as well as class observations of the integration of your anatomical knowledge with your practice and teaching of Qigong.



'Annie and Catherine are fantastic teachers. Their experience, expertise and love of qigong shines through in every aspect of the diploma. I enjoyed every moment of the course and couldn't recommend it highly enough.'

Kate
Fremantle - Graduate 2021

Fees



The cost of the course is £3350.

A £350 deposit is required to secure your place.

The remainder of your fee can be paid by 15 instalments of £200, or in one lump sum.

When you have paid your deposit you will have access to your online learning site, where you can begin some practice and study before the start of the course if you wish. Please email Catherine as soon as you have paid your deposit so we can secure your place straight away.

catherine@qigongteachertraining.co.uk or catherineburnett12@gmail.com

Fees include tuition fees, a wealth of online resources, including the online anatomy course, all course materials, tutorials and assessment.

Fees do not include accommodation or travel, books or insurance.

See application form for bank details

The optional Level 4 Certificate of Education and Training, (RQF) is a Government recognised teaching qualification allowing you to teach in Further Education establishments, it will also support applications to work in NHS settings and support your progression into a teaching career. It incurs extra costs: fees are £525 to include Laser Learning Awards accreditation fee.

A deposit of £150 is required.

Our Teachers

Annie Cryar BSc. QTS, Dip.Shiatsu, FwSS, BWY

Annie's interest in energy work started in 1972 when she took up Yoga. Annie has mentored teacher-trainees in both mainstream education, for the Shiatsu Society UK and for the Qigong and Meridian Yoga teacher training courses. She is Principal of the Shiatsu College, Hastings a a Director of the Shiatsu Society and a member of the Shiatsu Society's Education Committee. Over the past fourteen years Annie has been studying with Sifu Wing Cheung, a Qigong teacher who is committed to spreading the news about the benefits of Qigong throughout the world. She became a Senior Instructor for Tai Chi Qigong and Feng Shui Institute in 2016.



Catherine Burnett B.Ed, QTS, Dip.Shiatsu, FwSS



Teaching Qigong is a privilege that has brought great joy to Catherine's life. A teacher and coach all her adult life, Catherine graduated with a B'Ed in Physical Education with Dance in 1993. As well as experience teaching in schools, clubs and colleges, she worked for several years as a management training and development consultant. She has been teaching Qigong since 2006 and is a Senior Instructor for the Tai Chi Qigong and Feng Shui Institute, a Shiatsu College Teacher and registered teacher with the Shiatsu Society.

She has been training with Sifu Cheung for the past 14 years, who inspired her to integrate Qigong more widely into society and she has worked in partnership with the N.H.S. Local and County Councils on various community and well-being projects.

"Simplicity, patience, compassion. These three are your greatest treasures.

Simple in actions and thoughts, you return to the source of being. Patient with both friends and enemies, you accord with the way things are.

Compassionate toward yourself, you reconcile all beings in the world."

— Lao Tzu, Tao Te Ching

Starts October
'23



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