



THE
SHIATSU
COLLEGE
EST. 1986



Residential Course Manual

Contents

WELCOME.....	3
REFLECTIVE PRACTICE.....	3
YOUR QIGONG JOURNAL.....	3
YOUR TEACHING PORTFOLIO.....	3
ASSESSMENT.....	4
HOLISTIC ANATOMY.....	4
ON-LINE SHARING.....	5
PROFESSIONAL ASSOCIATION AND INSURANCE.....	5
ACCREDITATION: CERTIFICATE IN EDUCATION AND TRAINING.....	5
WEBSITES & EMAILS.....	6
MODULE ONE: QIGONG ESSENTIALS.....	7
ASSIGNMENTS.....	8
MODULE TWO: THE BREATH AS A BRIDGE.....	10
ASSIGNMENTS.....	12
MODULE THREE: STILLNESS AND MOVEMENT.....	13
ASSIGNMENTS.....	14
SELF-REFLECTION ASSIGNMENT.....	15

Welcome

This manual will provide you with the guidance you need to successfully complete your residential Qigong Teacher Training. Each residential week is a module. The three modules and associated home-study are outlined with learning outcomes, assignments and requirements. You will also find a guide to assessment procedures and how to enrol onto our virtual learning environment to start your anatomy studies. From this on-line learning environment, you will also have access to extensive home-study resources for each residential week, which we hope will be a springboard for your own practice and research into the art and science of Qigong.

Reflective Practice

'Yesterday I was clever, so I wanted to change the world.

Today I am wise, so I am changing myself.'

Rumi

You will be encouraged to deepen your knowledge and understanding of Qigong and the anatomy of the subtle body through reflective practice, discussion, personal investigation and sharing of insights. We want to support you to deepen your own practice, to develop personally and professionally and to cultivate a reflective and responsive approach to your teaching.

Your Qigong Journal

You will keep a personal diary of your own Qigong practice including the insights, thoughts and feelings that arise from your practice. This can be in a format of your choice, so think about how you would best like to do this and make a start. Questions such as: what is Qigong? why do you do it? why do you want to share it? will help you get started. Your Qigong Journal remains private but it will form the basis of assignments of which your personal observations are an integral part.

Your Teaching Portfolio

You can also start work on your teaching portfolio. This can be done in any format which suits you – hand written and illustrated are fine. Your portfolio will include:

marked assignments, teacher and peer observations, evidence of teaching practice, notes from your Qigong Journal and your 'Tool Kit' (ideas for warm-ups, Qigong practices, checklist notes, class management etc). Six months after your final week we ask you to use the contents of your portfolio and your journal and your teaching practice as a basis for writing a reflective account of your learning process, so do record anything which informs the way you teach or what you teach.

Assessment

At the end of each module, we ask you to complete an assignments checklist, as evidence of having completed your work. We encourage you to be creative and present your work in ways that inspire you. For example, poetry, recorded storytelling, computer presentations, collages, or conventional written work are all acceptable. We will give clear guidance on what's expected for each assignment and you will be formatively assessed via ongoing feedback. Your main summative assessments will be via a final teaching practice in module 3, where you will teach a 60 minute Qigong class for your peers and submit a self-reflection of your Qigong and teaching journey. Assignments are given to aid your learning and facilitate your development. Please let us know if you need any help. Please ensure that all submissions are clearly identified, stating your name, the date and the title of the assignment. Please reference your work. A guide to referencing can be found online. Go to the Qigong teacher training zone (links are below) and look under Resources.

Your teachers will give guidelines on maintaining one's own boundaries and giving peer feedback so that your learning environment is safe and supportive.

Holistic Anatomy

Your anatomy is evidenced and marked online with class consolidation. Please click here to join the Anatomy course:

<https://www.shiatsucollege.org.uk/courses/holistic-anatomy>

Guidance for completing each section is clearly set out. If you have difficulty accessing or using a computer, please let your tutors know.

On-line Home Study and Sharing

Another online portal is Qigong Teacher Training Residential:

<https://www.shiatsucollege.org.uk/courses/qigong-teacher-training-residential>

Here you will find information and resources to support your home-study.

A wider selection of resources can be found here:

<https://www.shiatsucollege.org.uk/courses/qigong-teacher-training-resources>

You will find all your portals in your dashboard after enrolling on the courses.

Your Course fees include access to Sifu Wing Cheung's instruction videos for Shibashi Sets One and Two so please do make good use of these excellent resources.

Professional Association and Insurance

We are delighted to be accepted onto the register of the [CthA, the Complementary Therapists Association](#). This is great news for our Qigong in the UK which has not had a Professional Association up until this point (June 2023) On presenting your graduation certificate you can join the CthA; insurance is part of your membership.

You will also need insurance to teach as a student. We recommend **Balen's** who recognise this teacher training course. As a Shiatsu College student teacher, Balen's may insure you to teach at a reduced rate while you are on the course, so you can begin teaching as soon as you feel ready.

Accreditation: Certificate in Education and Training

Our Qigong Teacher Training is unique in the UK in that it provides an opportunity for you to gain a Government recognised teaching qualification, which you may need, for example, to teach in a School, College or University. There is additional cost, content and assessment via a clearly structured and well-developed guided home learning programme.

You can take this course alongside the Qigong Teacher Training or afterwards. For more information and a stroll through the course see

<https://www.shiatsucollege.org.uk/courses/level-4-certificate-in-education-and-training>

Websites & Emails

Our Qigong informational website, which gives details about the Teacher Training courses, CPD, graduate listings, Qigong retreats & workshops, online and in-person classes etc. is: qigongteachertraining.co.uk. When you have graduated please tell us if you would like your details listed on the website, so that prospective students can contact you.

The website for your online learning is: <https://www.shiatsucollege.org.uk/> You should have the links above. Do not hesitate to contact us if you have any difficulties

Please ensure that the following email addresses for Catherine & Annie are accepted as safe senders by your computer's security systems:

Catherine Burnett:

catherine@qigongteachertraining.co.uk

catherineburnett12@gmail.com

Annie Cryar:

hastings@shiatsucollege.co.uk

cryar.annie@gmail.com

We will assume that having enrolled on the course you would like to receive details about ongoing CPD, Qigong workshops and classes. We send a Mailchimp from catherine@qigongteachertraining.co.uk approx. 4 times a year with information about courses and classes. Please let us know if you would not like to receive it. Thank you.

Module One: Qigong Essentials

*“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

In this module, we connect with Qigong’s essential ingredients. With these building blocks we provide you with the tools to teach your own Qigong practice. As we explore the basic anatomy of the energy body, your learning of new paradigms in western anatomy also begins. We study the wisdom of the Classics and their influence on the basic principles and practice of Qigong. You will start to learn the art of teaching and to develop a tool kit of Qigong related exercises; including Tai Chi Qigong Shibashi Set 1 as a practice to teach in the community.

In Qigong Essentials you will learn:

- The principles of the practice 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
- Strength and flexibility for Qigong and Eight Strands of the Brocade



Assignments

As soon as you enrol on the course (or after you have returned from your previous residential week and before this week)

- Begin/continue your Qigong Journal. As you practice, read or study, jot down your personal observations; write quotes, mark interesting websites..... all manner of related journal entries. Even if you set aside 10 minutes a day for this you will build a substantial personal record of your Qigong journey.
- Begin the home–study course for Tai Chi Qigong Shibashi set 1, which you will find online under the heading Qigong Teacher Training Residential.
- Start or continue your on–line anatomy course. Please note that completion of the anatomy is necessary to graduate from the course.

To be completed before the Qigong Essentials week

- Read, reflect and make notes/drawings on chapters 1, 2 and 3 from Section I: What is Qigong? and Chapter 7 from Section II: Qigong Basics from Ken Cohen's The Way of Qigong. Especially reflect on your own understanding of the Three Treasures and how they manifest in your life. You don't need to submit your work, but please evidence it in your assignment checklist.
- Choose any aspect of the historical context of Qigong that interests you and prepare a short presentation (up to 10mins) to share with the group. Share in any way that inspires you; e.g. via storytelling, pictures/paintings, role play, formal presentation, demonstration and explanation of an historical Qigong form etc.
- Choose any Qigong practice that you love to teach to the class. This could be any aspect of Qigong that you like; an exercise, chanting, meditation, standing Qigong etc. The exercise should take 15 minutes. Please prepare a short session plan for this.

The emphasis is on sharing something you love; we are not assessing your teaching skills here. (If this is your final week you will be teaching your 60 minute class instead).

- Choose a verse from the Tao Te Ching to read to and reflect on with the group. We ask that you share what it means to you and how it might guide you in your life.

If this is your third week and you have completed all the previous assignments, you will teach a Qigong class for one hour. The focus of assessment will be threefold: presentation, content and delivery & safety. Present a session plan for your session. You will also provide evidence of teaching in the six months AFTER your last week. This can be one to one sessions, weekly classes or workshops.

You present a piece of reflection referencing your journal and portfolio. See page 15 for guidance.

Module Two: The Breath as a Bridge

“It helps to listen to Nature’s voice. The purpose of Qigong is not to become proficient at Qigong, but to become expert at being more fully who you are.”

Ken Cohen

We build on the essentials, focusing on the importance of the breath, mindfulness and meditation. We investigate the breath; how to encourage free, easy and natural breathing. A deeper understanding of the principles and theories of Chinese Medicine supports our practice as we explore the philosophy and the associations of the Five Phases. We learn the Nine Forms of Pre-Heaven Qigong and practice with a focus on the energy gates. Last but not least we continue the process of allowing our inner teacher to emerge.

In The Breath as a Bridge you will learn:

- The Nine Forms of Pre Heaven Qigong
- The connection to specific energy gates
- The role of the breath in Qigong
- The teaching of relaxation, visualisation and meditation
- The cosmology of the Five Phases
- The ‘Gong’ of advertising your classes
- The principles and perception of Qi Fields
- More about the art of teaching — an appreciation of learning and teaching styles and how they can inform your teaching

Assignments

As soon as you enrol on the course (or after you have returned from your previous residential week and before this week)

- Practice the forms for this module from the resources online: The Nine forms of Pre-heaven Qigong, The Five Phases Qigong (2 versions), Four Seasons Qigong. We do not expect you to have perfected these, but to be familiar with them so that they are not new to you when we meet.
- Begin/continue your Qigong Journal. As you practice, read or study, jot down your personal observations; write quotes, mark interesting websites..... all manner of related journal entries. Even if you set aside 10 minutes a day for this you will build a substantial personal record of your Qigong journey.
- Read the Five Phases notes and links online. Collect meditations, visualisations, Qigong exercises, images, stories or poems for each of the 5 Phases in your Qigong journal or portfolio. Reflect on the way each of the 5 Phases/Elements manifests in your life. You do not need to submit this work, but please evidence it's completion in your end of module checklist.
- Choose a verse from the Tao Te Ching. (A different one if this is not your first week) You will share what it means to you and how it might guide you in your life.
- Begin/continue your on-line anatomy course. Please note that completion of the anatomy is necessary to graduate from the course.

To be completed before The Breath as a Bridge week:

- Read Ken Cohen Chapter 9. “Healthy Breathing” Choose, practice and reflect on one of the breathing practices in the chapter. Prepare to share your observations and thoughts in a group session.
- Prepare to teach a breathing practice of approx. 15 mins for the group; with particular attention to safety and use of language. Choose something you are familiar with and practice regularly. (If this is your final week you will be teaching your 60 minute class instead. Please include a breathing practice in your session)
- Research and learn the approximate location and functions of the following energy gates (acupoints): Kidney 1, Governing Vessel (GV) 4, GV 20, Heart 1, Lung 1, Heart Protector 8, Heart Protector 6, Triple Heater 5, Conception Vessel (CV) 1, CV 4, CV 6, CV 8, CV 17, CV 22. If you have access to information about the meditative as well as medical functions of them, please bring your research to the group

If this is your third week and you have completed all the previous assignments, you will teach a Qigong class for one hour. The focus of assessment will be threefold: presentation, content and delivery & safety. Present a session plan for your session. You will also provide evidence of teaching in the six months AFTER your last week. This can be one to one sessions, weekly classes or workshops.

You present a piece of reflection referencing your journal and portfolio. See page 15 for guidance.

Module Three: Stillness and Movement

“Keep open selflessness and naturally be eternal”

Sun Bu-er

We deepen our knowledge of the adjustment and integration of body, breath and mind that is the defining principle of our practice. We consider the path of self knowledge and how modern science and ancient wisdom can shed light on the personal transformation or 'embodied spirituality' that arises from Qigong practice, as well as the physical and psychological health benefits.

The art of teaching is present throughout, focusing on teaching all aspects of Qigong with skill and confidence

In Stillness and Movement you will learn:

- Shibashi Set 2
- The practice and principles of meditation
- Particular techniques for holding the Qi field during meditation
- More on the teaching of relaxation, visualisation and meditation
- Particular methods for teaching movement
- The importance of ethics and professionalism in teaching

Assignments

As soon as you enrol on the course (or after you have returned from your previous residential week and before this week)

- Practice the form for this week: Shibashi Set 2, which you will find online under the heading Qigong Teacher Training Resources
- Begin/continue your Qigong Journal. As you practice, read or study, jot down your personal observations; write quotes, mark interesting websites..... all manner of related journal entries. Even if you set aside 10 minutes a day for this you will build a substantial personal record of your Qigong journey.

-
- Begin/continue your on-line anatomy course. Please note that completion of the anatomy is necessary to graduate from the course.

To be completed before the Stillness and Movement week:

- Write 50 words about yourself to be used for advertising your Qigong classes, bring a draft or real advert. For example this could be a social media post, bio, post card or a leaflet. Research one way to gain funding or promote your work eg via small business grants, local volunteer networks, website design tools, media post, flyer design tools etc. Please share your findings with the group.
- Prepare to facilitate a 20 min. meditative practice for the group- choose something you are familiar with and practice. You will have a few minutes to set up the session but the meditation should be mostly silent. (If this is your last week you will be teaching an hours Qigong class instead - please include some seated meditation in the session)
- Prepare your own brief ethical code for Qigong teaching - for discussion.
- Research and present a piece about the modern medical benefits of Qigong. There are some good links on the Shiatsu College online site. Here are two to get you started: <https://www.qigonginstitute.org/abstracts>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3085832/>
Please present your findings within 10 minutes and write them in a format that can be shared with the group at the end of the module.

If this is your third week and you have completed all the previous assignments, you will teach a Qigong class for one hour. The focus of assessment will be threefold: presentation, content and delivery & safety. To show preparation you will present a session plan for your session. You will also present a piece of self-reflection referencing your journal and portfolio. Please see below.

Self-Reflection Assignment

This assignment is to be handed in six months after your last residential week. You will receive a one to one zoom session with one of the teachers in that time. After the six months on completion of all the requirements, you will receive your Qigong Teacher Certificate. You can teach with your student insurance until your full membership of CthA is finalised.

1. Reflect on how your Qigong practice has affected your own growth and development.
2. Show what practices you have enjoyed to improve your own health (Qigong, life style changes, diet, meditation, connecting with the cycles of nature).
3. Explain your experience of practicing Qigong and learning to become a Qigong teacher.
4. Reflect on the teaching experience you have gained. What have you learned?

There are two main strands to this self-development assignment; one is to look back at your Qigong diary and summarise some of the main aspects- your joys and your resistances to your practice, forms and meditations you have enjoyed and those you have not. The other strand is to evaluate your progress as a Qigong teacher - how you have developed and what you need in the future to continue your development as a competent and confident teacher of Qigong.

Word count: 1,500 - 2,500, or 8 -10 minute audio/video tape.

Recommended Reading

Essential reading in blue, all the other publications are suggestions.

<u>TITLE</u>	<u>AUTHOR</u>	<u>PUBLISHER</u>
<u>Qigong</u>		
Qigong, The Art and Science of Chinese Energy Healing	Kenneth S. Cohen	Bantam Books
Qigong the Chinese Art of Working with Energy	Barbara Brown Gunter Knoferl	Thorsons
Chinese Medical Qigong	Edited by Tianjun Liu and Xiao Me Qiang	Singing Dragon
The Way of Energy	Master Lam Kam Cheun	Gaia Books
The Root of Chinese Qigong	Yang, Jwing- Ming	YMMA
<u>Philosophy/ Classical Chinese Medicine</u>		
Tao Te Ching –Feel free to use your favourite, here are some examples.	Lao Tzu	Various
Tao Te Ching	Stephen Addiss, Stanley Lombardo	Hackett Classics
Tao: A New Way of Thinking. A translation of the Tao Te Ching	Commentaries: Chung-yuan Chang	Singing Dragon
Lao Tzu: Tao Te Ching: A Book about the Way and the Power of the Way	Ursula K. Le Guin	Shambala Ltd
Chuang Tzu: Basic Writings	Burton Watson	Columbia University Press

Taoist Meditation: Methods for Cultivating a Healthy Mind and Body	Thomas Cleary	Shambhala
Five Spirits	Lorie Dechar	Lantern Books
I Ching		Various
The Yellow Emperor's Classic of Medicine	Maoshing NI	Shambala
The Web That Has No Weaver	Ted J Kaptchuk	Rider Books

Modern Energy Medicine

Energy Medicine in Therapeutics and Human Performance	James L Oschman	Butterworth– Heinemann
The Spark in the Machine	Daniel Keown	Singing Dragon
The Science of Meditation	Daniel Goleman, Richard J Davidson	Penguin Life
The Harvard Medical School Guide to Tai Chi	Peter M Wayne	Columbia University Press

Anatomy

Holistic Anatomy	Pip Waller	North Atlantic Books
Job's Body	Deanne Juhan	Barrytown Station Hill
Anatomy Trains	Thomas W Myers	Churchill Livingstone Elsevier



www.qigongteachertraining.co.uk
catherine@qigongteachertraining.co.uk