



## Joining Information Residential 2024-2025

### A Very Warm Welcome

Please read the following carefully, which includes information about accommodation, check-in/out times, how to pay your deposit and secure your place on the course, access your online learning site, and how to get started with your studies and Qigong practice. If you have any other questions about the course, please contact us.

### Dates

#### Module 3 Stillness and Movement

6th - 12th September 2024 held at our Yurt, Freshwinds Camping, Pickham Farm, Pett, TN35 4HX

#### Module 1 Qigong Essentials

16th - 22nd May 2025 at our Yurt, Freshwinds Camping, Pickham Farm, Pett, TN35 4HX

#### Module 2 Breath as a Bridge

5th - 11th September 2025 at our Yurt, Freshwinds Camping, Pickham Farm, Pett, TN35 4HX

### Yoga Yurt Venue

In our experience, there is no substitute for practicing Qigong in nature. Our practice yurt at Pickham Farm, between Rye and Hastings is in an AONB, right next to 110 acres of accessible ancient woodland, hectares of open countryside crossed by many public footpaths, and just 10mins drive from Pett Level beach. This is an opportunity to immerse yourself in nature's rhythm, with a small group of 6 fellow adventurers! The yurt has its own camp kitchen and private compost loo. If necessary, the woodburning stove keeps it warm and cozy. We will centre our classes, and lunches here. We have access to a farm cottage for evening meals and theory work if the weather is very inclement. Accommodation options are within walking distance, the campsite is 2 mins walk, the glamping yurts and cottage 5-25 mins walk, depending which you choose.

### Catering & Accommodation

We recommend you stay onsite for the full residential experience. We have chosen Freshwinds to cater for all budgets. <https://freshwindscamping.co.uk/>

Options include a 2 bedroom fully equipped cottage (not on the website), lovely glamping accommodation in yurts and a shepherds hut, as well as camping in the big field (Mill Field) near our practice yurt. The camping field is surrounded by trees with only 15 pitches, very well spread out, each with its own firepit and earth cellar. There are hot showers/compost loos and hot

running water in the campsite kitchen. You will also have access to our big Yoga Yurt and fully equipped Yoga Yurt kitchen, so no need to bring lots of gear. (Note that the Woodland glamping yurt is the only one that's not within easy walking distance of our yurt. It's about 20-25 mins walk away) Freshwinds glamping accommodation is popular; so please book as early as possible through us, to secure your preferred accommodation. **The public will be able to book glamping for 2025 from Oct 2024 onwards, so it's important to organise your accommodation before then.**

**Accommodation and Food Fees** (approximate as subject to change)

**6 nights camping:** £72 per person (£12 per night per person)

The glamping yurts are large and designed to be shared. They become very good value if you are prepared to share with one other person (twin):

**6 nights glamping:** Owl Yurt, (sleeps 3) £201 twin or £402 sole occupancy

Sunrise Yurt (sleeps 6) £227.50 twin or £455 sole occupancy

Valley View Yurt (sleeps 4) £201 twin or £402 sole occupancy

Shepherds Hut (for a couple or sole occupancy) £348

Woodland Yurt (2 yurts, so twin with privacy) £227.50 twin or £455 sole occupancy

**6 nights in 2 bed farm cottage:** Twin room: £150 twin occupancy or £300 sole occupancy. Double room: £350 sole occupancy or a couple.

There are 2 separate toilets in the cottage. (*Our caterer will use the kitchen and we may use the communal dining area for group meals/theory work during the day.*)

Please let us know which accommodation you would like as soon as possible and the farm will reserve it for you.

**Food:** Breakfast, lunch, dinner and unlimited hot drinks will be approx. £185 per person for the week, (to be confirmed). There will be a selection of teas/coffee, but if you have a favourite, do bring it with you.

**Arrival/Departure times:** Our first session is at the Yoga Yurt at **3.30pm**, last session finishes at **1.00pm** with lunch afterwards before departure

**Check-in/Out Camping:** You can arrive from 2.30pm to set up your tent.

**Check-in/Out Glamping & Cottage: Strictly no arrival before 3.00pm.** You can put your bags in at 3.00pm and come down to the Yoga Yurt for a 3.30pm start. There will be time to unpack and settle in before dinner at 7.00pm

## What to Bring

Sunscreen/insect repellent if you use it. Warm clothes and waterproofs. Hot water bottle, bathroom towel, good torch/latern, swimmers, towel and water bottle for the beach/lake. Socks with grips or tai chi slippers or soft indoor shoes for the yurt. Please bring blank notebook and pens for writing and drawing. Easy to slip on footwear is best for going in and out of the yurt.

## Fee Payments

Tuition fee for the whole course is £3000. **A £500 deposit is required to secure your place.**

When you have paid your deposit, you will have access to your online learning site and can begin your practice and learning straight away in preparation for your first in-person week. Please email

Catherine as soon as you have paid your deposit so we can secure your place straight away.

[catherineburnett12@gmail.com](mailto:catherineburnett12@gmail.com)

The remaining £2500 of your fee is made in 3 payments, each due 6 weeks before each in-person week. Your first payment will be £500, please pay this at the time of your deposit, or no later than 6 weeks before your first residential week – thank you.

**Business Account Name: The Shiatsu College Hastings, Co-Op Bank**

**Sort Code: 089299**

**Account Number: 69099269**

Send cheque to: Shiatsu College Hastings, Charnwood, Chapel Lane, Westfield, TN354QX  
(Please see below for our cancellation policy)

### **Course Manual, Online Learning Site & Getting Started**

A virtual learning environment <https://www.shiatsucollege.org.uk/> is available to you throughout your training. To log into the course portals, click on each of these links.

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

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

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

In the **Qigong Teacher Training Residential** section, you will find your course manual, including your assignments to prepare and Qigong to practice before each in-person week. Also, your assignment checklist, guide to referencing, suggested resources for each module and student forum. Behind this portal you have access to Sifu Wing Cheung's instructional videos and home-study manuals for Tai Chi Qigong Shibashi Sets 1&2. **Please note that we buy these videos and manuals in for you and they are under copyright, so are for your use only.** If your future students want to purchase them, they can buy them from Sifu Cheung direct.

In the **Qigong Teacher Training Resources** section, you will find various videos and handouts that students have found useful over the years.

### **Required and Suggested Reading**

You will find a reading list at the end of your course manual. There are only two books we ask you to purchase for class discussions, otherwise the reading list is suggested reading only. More and more Qigong books are becoming available and we encourage you to share your favourites in the group.

### **Online Holistic Anatomy**

You can access this course from the portal link above. Anatomical language will be integrated into some of the weekends and the completion of the College's online anatomy course is a required part of the programme. If you have studied anatomy before, many have enjoyed this as good revision and an introduction to the importance of the fascia and the concept of bio-tensegrity as it relates to Qigong.

**Contact Details:** **Annie:** 07722 868397 **Catherine:** 07909 516578

## Cancellation Policy

### Tuition Fees:

Your deposit gives you instant access to material we have bought in for you and is non-refundable, except in exceptional circumstances. If having paid your subsequent instalment you are unable to attend the residential week, we will fully refund it with more than 6 weeks notice. If less than 6 weeks notice, we will refund 50% of your instalment, or transfer 80% to a future week.

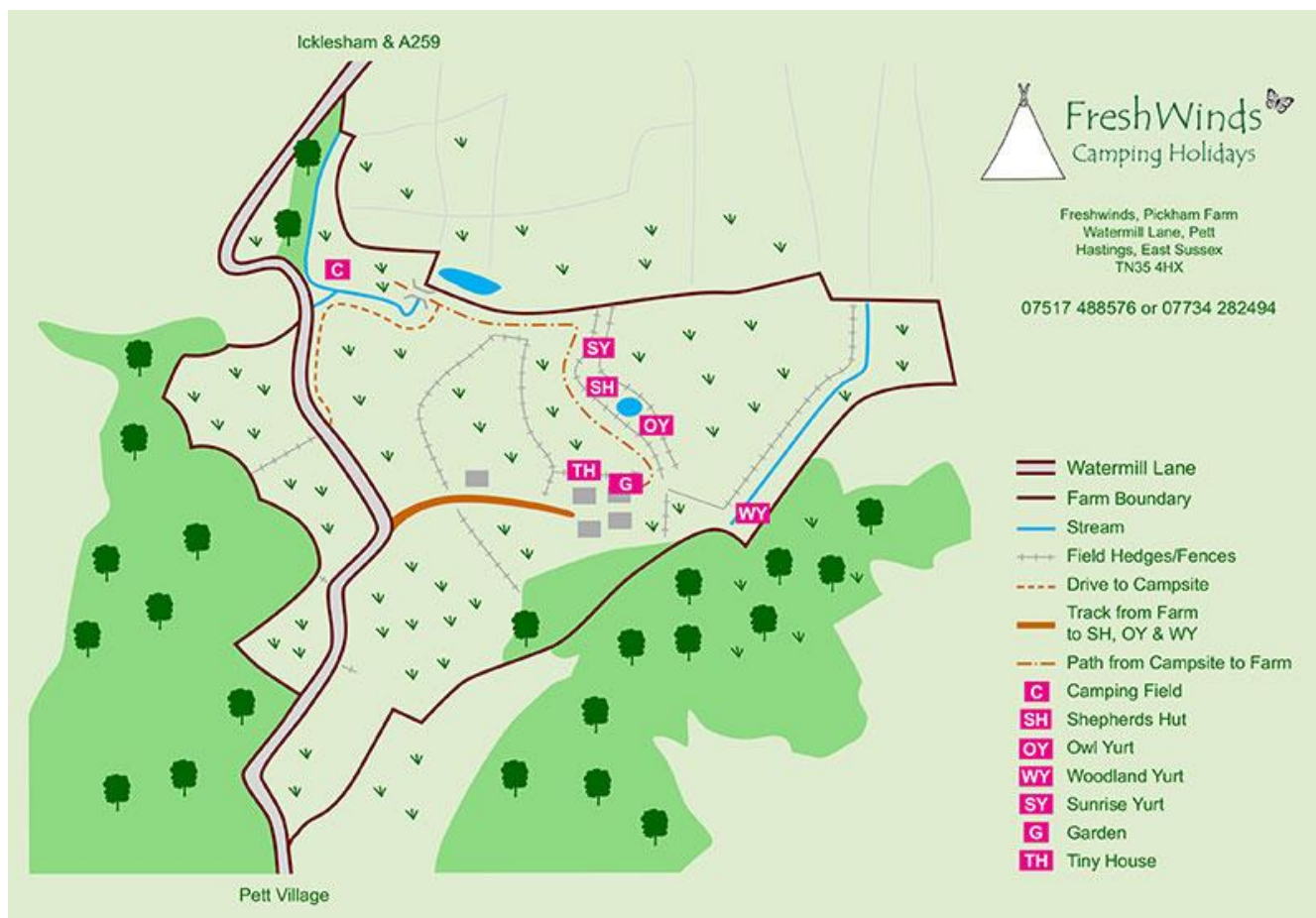
On very rare occasion we may have to cancel the course, due to unforeseen circumstances such as loss of venue or not enough participants. We will of course refund your tuition fees in full.

### Accommodation:

Freshwinds accommodation cancellation policy currently states:

Cancellation policy: 90% refund will be given if booking cancelled 30 days prior to arrival, 50% refund if cancelled 14 to 29 days prior to arrival, no refund if cancelled within 14 days of arrival date. See <https://freshwindscamping.co.uk/booking-prices/> for up to date info.

## Location of Yurts



Note the Tiny House is now Valley View Yurt. Our Yoga Yurt is not on the map. It is in its own area beyond the camping field, (exactly where the top tree is drawn at the top of the map)

We are looking forward to sharing the art of teaching Qigong with you.

Best wishes,

Annie and Catherine