



Qigong Teacher Training

FAQ's

Welcome and thank you for your enquiry into our comprehensive Qigong teacher training. We hope that these FAQ's will help you discover more about the course but please do not hesitate to contact us with your questions.

How is this course structured?

This is a rolling programme of three, 6-day modules. You can start with any of the modules. Your three Modules of contact time are spread over twelve months. After that, a six-month home consolidation period of teaching practice completes the course.

What are the dates?

Stillness & Movement: 7th -13th May 2026

The Way of Qigong: 4th -10th September 2026

The Breath as a Bridge: 6th- 12th May 2027

Where is the venue?

'The Temple', Bonadea, Manchester Rd. Ninfield, East Sussex TN33 9JX

<https://thetempleinsussex.com/>

The Temple is a hexagonal wooden sanctuary, a sacred geometry of stillness, surrounded by trees and birdsong. It provides an opportunity for you to immerse yourself in nature's rhythm, with a small group of fellow adventurers.

What are the start and finish times of the course?

Our first session is at **3.30pm**, last session finishes at **1.00pm** with lunch afterwards before departure. Please check out the arrival and departure times of your chosen accommodation. Each day we start at 9.30am and finish at 5.30pm

How is food organised?

Please organise your own breakfast. Lunch and an unlimited supply of hot drinks will be provided at the venue. The cost of lunches for 6 days will be approx. £70. We decide when we meet and on a day-to-day basis if we would like to eat dinner on our own, or together in local pubs/restaurants/at the venue.

What about accommodation?

The Temple is not a residential venue; you arrange your own accommodation. Here is a list of local places to stay (not vetted by us). It is by no means exhaustive.

B&Bs

Name	Area	Description	Link
Rosemary Cottage	Hooe	Countryside B&B; with garden views and private bathrooms.	Booking.com
Butlers Farmhouse	Near Catsfield	16 th century farmhouse B&B; set in large gardens.	Listing
The White Hart Inn	Catsfield	Traditional village inn with rooms, bar and dining.	TripAdvisor
English Rose	Ninfield	Friendly, homely B&B; option near Ninfield.	Results
Collington Lodge Guest House	Near Ninfield	Charming guest house in a quiet area near Ninfield.	Results
Lakeview Guest House	Hooe	Highly rated guest house with lake views.	TripAdvisor
Broadacres Bed and Breakfast	Near Hooe	Boutique B&B; with countryside charm.	TripAdvisor
Number 46 Guest House	Regional	Well reviewed guest house in the wider area.	TripAdvisor
Boreham House	Near Hooe	Small, high rated B&B; in a beautiful setting.	TripAdvisor
Seaspray Rooms	Regional	Stylish rooms with coastal proximity.	TripAdvisor

Camping and Glamping

Name	Area	Description	Link
Barnhorn Glamping	Hooe / Bexhill	Luxury log cabins with wood fired hot tubs; sea & Downs views.	Website
Flower Meadow Glamping	Near Battle (Ninfield area)	Bell tents on a smallholding; rustic meadow setting.	Website
Chestnut Meadow Country Park	Bexhill on Sea	Glamping pods and small lodges; family friendly.	Campsites.co.uk
Beech Estate Campsite (Bell Tents)	Nether -field (near Ninfield)	Off grid woodland 'wild glamping' bell tents.	pegsandpitches.co.uk/beeche-estate
Glottenham Castle Luxury Camping	Roberts-bridge	Secluded woodland units; design led interiors.	Canopy & Stars
Starcroft Farm Cabins	Catsfield	Bespoke eco-cabins.	visitsoutheastengland.com
The Bulls Head	Boreham Street	For camping and motor homes	<u>Boreham ST</u>

Cottages & Country Stays

High House Holiday Cottages 1	Hooe	Traditional cottage with kitchen and patio garden. From around £130/night.	Booking.
Smugglers Keep (Converted Barn)	Hooe	Spacious converted barn with beams & log burner. From around £145/night.	Listing
Little Common Cottage	Near Bexhill	2 bed with open plan living & burner. From around £120/night.	Sykes Cottages

What will I need to bring with me?

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

What about travel and parking?

The nearest train station is Battle, operated by Southeastern Railway. There are direct trains from London Charing Cross and Hastings.

Buses stop on the High St on the corner of Manchester Rd. You can let us know if we can help with travel, we can arrange lifts if necessary.

If you are travelling by car there is free parking outside the house, 'Bondea' or along Manchester Rd.

What is the course content?

Find the course content in this link: [What will I learn?](#)

Are any aspects of the course online?

All the teaching is face to face except for the Anatomy which is an online course.

- **Online Holistic Anatomy**

The completion of the College's online anatomy course is a required part of the programme and must be completed by the end of your final week. If you have studied anatomy before, the course acts as good revision and an introduction to the importance of the fascia and the concept of bio-tensegrity as it relates to Qigong. You will have access to the portal for one year after graduation.

- **An online resource bank**

Our online portal with extensive resources is available to you as soon as you enrol and for one year after your graduation. 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 as well as a host of videos, links and documents connected to the course.

How much home study is there?

Expect to devote at least six hours a week to your home practice and study. Home study takes place between each module and is supported by the online learning environment which provides extensive

resources. Home study begins as soon as you enrol on the course. Your home study includes Qigong practice, reading and the online Holistic Anatomy course.

Is there a list of required and suggested reading?

You will find a reading list at the end of the course manual you will receive when you enrol. There are only two books we ask you to purchase for class discussions, otherwise the reading list is suggested reading only.

Will I receive a course manual?

Yes, you are provided with a comprehensive course manual with the contents and all the requirements clearly set out. In addition, your assignment schedules, a review of what was covered each weekend, and a pre-weekend email are sent separately.

Are the teachers qualified?

Yes, in addition to 60 years of Qigong teaching between them, Annie and Catherine are fully qualified teachers and have taught in mainstream schools and colleges. They also have decades of teacher training experience. They are senior instructors for Sifu Wing Cheung's Taichi Shibashi Levels 1 & 2, Principal and Senior teachers of The Shiatsu College Hastings and are on the register of qualified teacher trainers of The Shiatsu Society UK. Any visiting teachers are highly experienced in the field.

Are there any prerequisites?

We ask that you have a practice of Qigong or related energy/ body work practice for at least two years. We are open to a discussion about your personal circumstances if you do not fulfil these criteria, for example if you are joining for the development of your personal Qigong practice only, or do not have access to an experienced Qigong teacher in your location.

Can I learn at my own pace?

We aim to be as flexible as possible and you can also spread the three modules out beyond 12 months, just bear in mind that if you miss a module, it will be over a year before that particular module rolls around again. There are assignments due in each of the modules which act as preparation for the discussions and micro-teachings that are required when we meet together. When you have finished all the modules you have a six-month period of consolidation, teaching practice and reflection, in which to finish your Anatomy course and any assignments you might still need to complete.

What happens if I am absent?

We discuss absences on a one-to-one basis and find solutions together.

How much is the course?

The tuition fee for the whole course is £3000

Do you require a deposit?

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.

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 to be paid no later than 6 weeks before your first residential week. See below for payment plan options.

Can I pay in instalments?

Yes, please contact us if you require a personal payment plan.

Do you have a cancellation and refund policy?

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.

How do I apply?

Download the Application Form from our [website](#)

When can I start?

You can begin exploring the online portal as soon as you enrol.

What happens at after graduation?

Your Qigong Teaching Certificate enables you to join the Complementary Therapists Association - CthA

Can I be insured to teach as a student?

Yes, we have an arrangement with Balen's Ltd. Let them know that you are a student with The Shiatsu College.

Where do I pay my fees?

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

Sort Code: 089299

Account Number: 69099269

Send cheque payable to: The Shiatsu College Hastings
Charnwood, Chapel Lane, Westfield, TN354QX

What do others say about this course?

'Qigong has changed my life and helped the many patients I teach who mostly had not heard of it and we are changing together, we are a team all being equal, harmonious, and flowing with our movements and through life. We are becoming human beings not human doings and that is the magic of qi gong.' Laura

'If I think about the Qigong course, I think of the smiling, warm, open-hearted teachers. I think of a pure mission statement of selfless sharing. I think about laughter and energetic connections'. Dom

During the whole residential part, I had a feeling of a safe and supportive atmosphere, which made learning much easier. It created a foundation for all the other things that we were doing. I also enjoyed the practices like Five Phases, Four Elements and Nine Forms. They were clearly described and presented in a way that I didn't have any doubts how to make them correctly. I also appreciated theory classes. They were not overloaded with information. All the necessary things were there, at the same time not making the course too theoretical. Piotr

I am so grateful for all your wisdom, teachings and abundant energy on this journey. Kursha

See more on the website!

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