



## Joining Information Residential 2026-2027

### A Very Warm Welcome

Please read the following carefully, which includes information about accommodation, 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

**Stillness & Movement:** 7th -13th May 2026 'The Temple', Bonadea, Manchester Rd. Ninfield TN339JX

**The Way of Qigong :** 4th -10th September 2026 'The Temple', Bonadea, Ninfield TN339JX (TBC)

**The Breath as a Bridge:** 6th- 12th May 2027 'The Temple', Bonadea, Ninfield TN339JX( TBC)

### Venue

In our experience, there is no substitute for practicing Qigong in nature. The Temple is a very special yurt. A hexagonal wooden sanctuary, a sacred geometry of stillness, surrounded by trees and birdsong. This is an opportunity to immerse yourself in nature's rhythm, with a small group of fellow adventurers! If necessary, the woodburning stove keeps it warm and cozy. The Temple - <https://thetempleinsussex.com/>- This will be our practice space for our 6-day immersion.

### Travel and Parking

Park outside the house 'Bondea' if room, but please do not park directly opposite as this space is for the neighbours! Parking also available along Manchester Rd. The nearest train station is Battle.

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

## Food

Please organise your own breakfast. Lunch and an unlimited supply of hot drinks will be provided at the yurt. There will be a selection of teas/coffee, but if you have a favourite, do bring it with you. The cost of lunch will be £66. Please transfer to the bank details below. Dinner can be group visits to local pubs/restaurants; we can decide, as a group, when we meet and on a day-to-day basis.

## Accommodation

*Please arrange your own accommodation.*

*This list is not exhaustive, please let us know if you have found good accommodation that we can add.*

## 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 <sup>th</sup> 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.
Beech Estate Campsite (Bell Tents)	Nether -field (near Ninfield)	Off grid woodland 'wild glamping' bell tents.	<a href="https://pegsandpitches.co.uk/beeche-estate">pegsandpitches.co.uk/beeche-estate</a>
Glottenham Castle Luxury Camping	Roberts-bridge	Secluded woodland units; design led interiors.	Canopy & Stars
Starcroft Farm Cabins	Catsfield	Bespoke eco-cabins.	<a href="https://visitsoutheastengland.com">visitsoutheastengland.com</a>
The Bulls Head	Boreham Street	For camping and motor homes	Boreham ST

## 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	Pet friendly 2 bed with open plan living & burner. From around £120/night.	Sykes Cottages

## Arrival/Departure times

Our first session is at The Temple 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.

## What to Bring

Sunscreen/insect repellent if you use it. Warm clothes and waterproofs. Hot water bottle, bathroom towel, good torch/lantern, 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 blank notebook and pens for writing and drawing.

## 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: The 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 is available to you throughout your training.

To log into the course portals, first create an account and then 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 and suggested resources for each module. 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**

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. You can access this course from the portal link above. Anatomical language will be integrated throughout the course. Even 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 your final weekend.

## **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**

A reminder to check the cancellation policy of your chosen accommodation.

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

## **Contact Details**

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

Best wishes,

Annie and Catherine