



Residential Prospectus

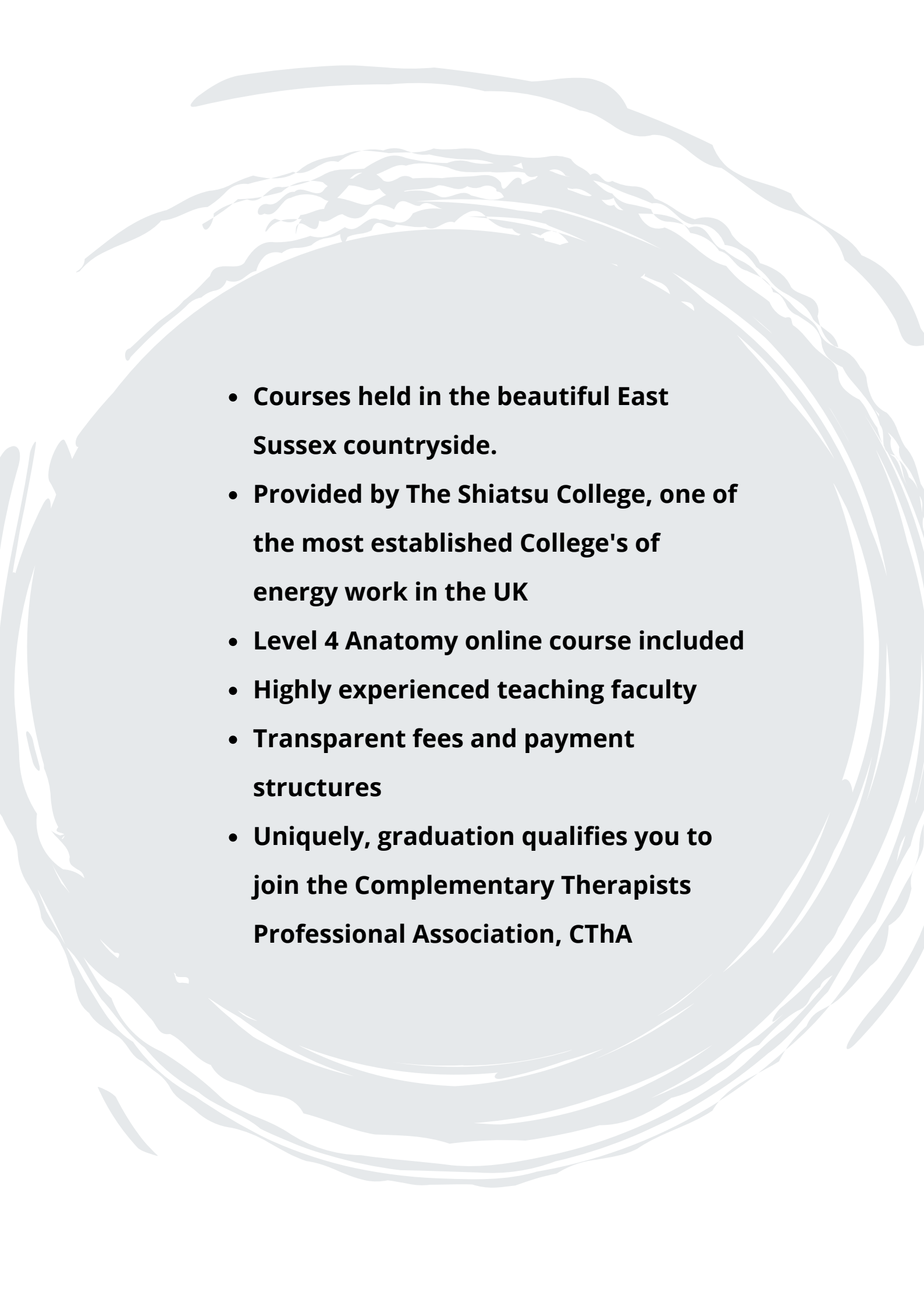
THE SHIATSU COLLEGE EST. 1986



We practice outside whenever we can

Now in its 20th 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 40 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 teacher training enables 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.

- 
- **Courses held in the beautiful East Sussex countryside.**
 - **Provided by The Shiatsu College, 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**
 - **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, rolling modules:

Qigong Essentials, The Breath as a Bridge, Stillness and Movement.

The modules are spread over a period of 12 months in one week blocks with a six month period of consolidation before graduation.

Study takes place face to face

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

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

The Way of Qigong:

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

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. Emphasising functional anatomy and the communications systems in the body, the link between anatomy and Qigong is explored with both lightness and depth.

You can start your online anatomy as soon as you are accepted onto the course. You have until the end of your course to finish the anatomy.

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



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.

The remaining £2500 of your fee can be made in 3 payments, each due 6 weeks before each in-person week. Your first payment will be £500, due no later than 6 weeks before your first residential week – thank you.

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, catering, travel, books or insurance.

See application form for bank details

Accommodation and Food



We will provide a list of a wide range of options for your accommodation. Please organise your own preferences. We start the first day at 4pm so ensure you have enough time to arrive at your chosen venue or pitch your tent. We finish after lunch on the last day.

Please organise your own breakfast. We will provide lunch and inform you of the cost of this before each week. Dinner can be organised on a daily basis, again according to individual / group preferences.

'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

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 18 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 18 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.

A rolling programme..... start at any module



www.qigongteachertraining.co.uk

catherine@qigongteachertraining.co.uk