

Modern Qigong Teacher Training

Module 1: Fundamentals, Five Element Flow, Taoist 5 + Six Healing Sounds

The entire Module 1 training consists of 60 hours, contact hours comprise of 6 days (36 hours) as follows:

Module 1a - Foundation Day (6 hours)

Module 1b - Five Element Flow (12 hours)

Module 1c - Taoist Five (12 hours)

Module 1d - Six Healing Sounds Qigong (6 hours)

COURSE CONTENT:

- Basics & fundamentals of qigong
- Classical & Modern form/approach
- Connection to Traditional Chinese Medicine
 - Zhang Fu Organs, Qi Body Clock, Basic Meridian Theory, Five Phases, Yin|Yang, Types of Qi, Three Treasures, Dantian(s).
- Styles and forms of movement
- Class framework & supporting postures/movements
- Standing postures
- Five element flow form
- Taoist Five form
- Six Healing Sounds form
- Presence, mindfulness and meditation
- Guidelines and precautions
- Class structure and sequencing
- Teaching practice
- Form mentoring
- Handbook & support materials

BENEFITS OF TEACHING MODERN QIGONG:

- Accessible to all ages and levels of fitness
- Students with no prior experience in Qigong can easily join classes
- Provides the health benefits of classical Qigong form in a format that aligns with modern lifestyles.
- Scalable for different demographics and audiences
- Can be practiced in a drop-in/casual class structure
- Provides opportunity for creative class programming

COURSE CERTIFICATION:

- 36 contact training hours
- 10 class attendance hours
- 14 personal practice hours

2019 Calendar & Fees

Group 4

Sunday September 15th, 2019 (Mod 1a)

Saturday & Sunday October 19-20, 2019 (Mod 1b)

Saturday & Sunday November 16-17, 2019 (Mod 1c)

Sunday December 15th, 2019 (Mod 1d)

Group 5

Intensive Training

Wednesday November 20th - November 26th, 2019 (entire Module 1)

(6 days - 3 days on, 1 day off, 3 days on)

Module 1 Fees:

\$981.00 Early Bird - due two (2) months prior to commencement of a group intake.

\$1341.00 Regular

Payment plan:

50% deposit and monthly payments over the training period. All training fees must be paid in full prior to attendance at the Module 1d training event which signals completion of Module 1.

Each training intake is limited to 8 students.

About Nicole Lee Qigong

Nicole is internationally certified in Qigong, trained in both Modern and Classical styles, she is also trained in meditation and mindfulness and holds a Bachelor Degree in Complementary Medicine.

Nicole is the founder of a boutique studio 'Chi Space', dedicated to the practice of Qigong where she offers classes, workshops and teacher training programs that develop presence through conscious movement and stillness.

After a 15-year unintentional career Nicole had a deep desire for purposeful work and to create a life of feeling alive not just being alive. Through her own wellbeing journey and her study of natural medicine Nicole believes that individualized and preventative healthcare is the route to healing and ultimate wellbeing.

Nicole holds the following accreditations:

- Qigong Level 1 Certification - Lee Holden
- Qigong Level 2 Certification - Lee Holden
- Qigong Training - Wang Zhi Peng Tai Chi School - China
- Qigong Teacher Training - Simon Blow Qigong
- Qigong Instructor - Tai Chi Fitness Australia
- Yi Jin Jing - Chinese Health Qigong Association
- Daoyin Yangshen Gong 12 - Chinese Health Qigong Association
- Wellness Coaching Level 1 & 2 - Wellness Coaching Australia
- Mindfulness-based Stillness Meditation - The Gawler Foundation
- Certificate III Fitness - Australian Fitness Academy
- Bachelor in Complementary Medicine - Endeavour College

Nicole is a professional member of WTCQ (Wushu, Tai Chi, Qigong Australia) and the Meditation Association of Australia. Nicole provides services in alignment ethical principles and the National Code of Conduct for Health Care Workers and is dedicated to purposeful work and ongoing personal and professional development.



CHI SPACE

Ph. 1300 880 137
www.chispace.com.au
hello@chispace.com.au

281 Inkerman Street Balaclava VIC 3183