



The Qigong Academy

Qigong Instructor Training Prospectus



Dedicated to Developing High Quality Qigong Instructors

History	3
Aims	3
Course Outline	4
Core Training	4
Specialist Training	5
Training in specific forms and traditions	5
Training in specific applications and approaches	5
Restrictions and Commitments	5
Core Training Breakdown	6
Course Flow	7
Online Training Commitment	8
Teachers Weekends	9
Assessment and Qualification	10
Homework	10
Presentations	10
Reflective Work	10
Code of Conduct	11
Purpose of the Code of Conduct	11
1. Standards of Practice.	11
2. Responsibility to Students.	11
3. Responsibility to Colleagues.	12
4. Responsibility to the Academy.	12
5. Professional Integrity	12
6. Review:	13
Frequently Asked Questions	14
Practicalities	15
Entry Requirements	15
Enquiries	15
Bursaries	15

History

Disruption often creates new possibilities, and this was certainly the case in 2020 when conversations started about a new Instructor Training Programme that was suitable for the changing face of Qigong.

The sharp rise in online teaching that occurred at this time due to the nationwide lockdowns meant that the traditional teaching methods were now less appropriate. In addition to this, a controversial decision to trademark the term 'Health Qigong', led to a number of qigong schools coming together to look at ways to collaborate for the benefit of all qigong, as opposed to engaging in the division and in-fighting that occurred. This was the backdrop that led to the development of this training programme.

Starting with the popular and successful teacher training offered by the Three Monkeys School of Qigong as a foundation, we looked at how we could develop something that addressed not only the specific needs of certain schools of qigong, but also build a solid central core that is relevant to everyone who teaches qigong in a western environment.

The resulting course was developed in conjunction with our training partners at the University of Wales Trinity Saint David with the aim of offering a level 4 qualification with enough depth that it can be the first part of a full masters degree at some point in the future.

Aims

The aim of this course is to develop a community of qigong instructors and practitioners who support each other in order to allow everyone to grow in their practice and their teaching.

We believe that this community should be:

- **Open** – a closed community is unable to be fully aware, it's unable to listen and learn from others perspectives. In order to truly grow we must be aware and this can only happen when we are open.
- **Respectful** – Respect enables us to constantly learn. Without respect we can more easily fall into the trap of feeling superior, knowledgeable or even correct.
- **Accessible** – Our view is that everyone can benefit from exploring the practice of Qigong so it's important to build a sustainable, supportive group that is accessible to everyone.

Course Outline

Core Training

Traditionally qigong has been taught in a way that works well in China, but this approach has limited potential for a western audience. Not only do we tend to lack understanding of the underlying Chinese culture, we also learn in a different way.

Our Core Training addresses the needs of an instructor who wants to work with a western audience while retaining the authentic core of the practice. We explore a western understanding of the basic forms and their function, Chinese culture, the underpinning philosophies, and the core skills required to be an effective qigong instructor in a modern, western environment.

The programme can be taken as a stand alone qualification, or it can be combined with the additional training in specific forms and applications of qigong. This makes it suitable for anyone who wants to:

- Hone existing qigong teaching skills to make them more effective when working with a Western audience.
- Teach qigong at a rudimentary level.
- Create a solid foundation from which to become a more advanced or specialised qigong instructor.

The Core Training runs over an 8 period. The package includes two face to face teachers weekends as well as weekly online training, practice and discussion sessions and monthly get togethers.

Online Training Tuesday Evenings 7:30pm to 9:00pm September to May	Starting with a half day introductory session in early September, the online training is divided into 8 monthly blocks. The first 4 blocks prepare you to teach and the final 4 work on honing your teaching skills.
Sunday Sessions Online on 1st Sunday morning of each month	These less formal sessions occur throughout the year and are an opportunity to check in with other teachers, discuss relevant issues and to share teaching with others in a supportive environment. This is a great way to get a feel for our style of teaching the community of teachers.
Teachers Weekends In-person training held in the UK, Germany and Portugal	We aim to put on at least 3 teachers weekends a year and the course in order to support everyone in continuous development in their teaching. 2 of these weekends are included in the course fee

Specialist Training

Although not part of the offer within the core training, additional specialist training provides you with a range of options to pursue once qualified through The Qigong Academy. This training typically has one of two areas of focus.

Training in specific forms and traditions

Aligned more closely with the traditional style of training, these courses enable you to focus on a particular style of Qigong for both personal development and teaching.

As well as adding credibility to your practice, the alignment with a specific style gives you a larger, more coherent toolset to work with while also offering an established process that leads towards the ultimate aim of your chosen style.

If you choose to do this training with The Qigong Academy, you can expect to work with highly experienced teachers who are closely aligned with the origins of your chosen practice.

Training in specific applications and approaches

While the traditional, lineage based systems offer a wonderful, rich source of learning and development, this is not the only path through qigong.

Our specific application and approaches courses are tailored to the growing needs for specialisation in the realms of qigong. In broad terms, these courses fall into two main categories: working with corporate clients and working in the healthcare sector, but we also have courses available that help you hone more general skills that are beneficial to a modern, western qigong teacher.

Restrictions and Commitments

By joining the training, you will be agreeing to be governed by The Qigong Academy's Code of Conduct (included at the back of this prospectus) and, as such, you will be required to take up the relevant insurance as a student instructor.

Core Training Breakdown

By blending face to face and online content, we optimise the benefits of being face to face while maintaining connection and continuity of learning through online lectures, discussion, practice and mentoring sessions.

- Form - Utilising both movement and stillness within qigong, we will explore basic standing and seated forms in order to understand the potential that certain movements have for body and mind.
- Function - Making the movements practical, accessible and relevant: to your students through the following:
 - Western Anatomy and Physiology - to a point that you can become fluent in describing significant parts of the body and explaining their function in relation to the forms that you are teaching.
 - Chinese Anatomy and Physiology - to develop a basic working knowledge of the meridian system and organ functions (in conjunction with the section on Chinese Medicine), so that you can explain their function at a basic level in relation to the forms that you are teaching.
 - Qi Theory - to develop clear frameworks with which to describe the principle of qi and explain it clearly at a basic level.
 - Chinese Medicine - to understand the fundamental principles of Traditional Chinese Medicine, how it works within Chinese Culture and how it has been adapted for a western audience.
- Philosophy - From the evolution of qigong in relation to Chinese Culture to fundamental concepts such as Yi Dao Qi Dao and the cross over between qigong and Mindfulness practices.
 - Qigong Philosophy - Developing a clear understanding of how Buddhism, Daoism and Confucianism have shaped the philosophy that underpins qigong to the point that you are able to teach the basics.
 - Evolution of Qigong - Looking at how qigong has evolved alongside a range of other practices so that you can develop an understanding of the cross overs between practices such as yoga, mindfulness and taiji.
 - Modern Chinese Culture - Looking at how the cultural changes in China have impacted on Qigong in order to analyse the relevance of different aspects of the practice for a western audience.
- Core Skills - Addressing the different needs, requirements and expectations of the online and face to face teaching environments:
 - Teaching Methodology - Exploring teaching principles, pedagogy and management strategies to ensure that you can be adaptable and safe and effective in a broad range of teaching scenarios.
 - Practicalities - In addition to continuing our exploration of contraindications and qi reactions, we will spend time studying:
 - Health and safety
 - Running a qigong business (insurance, record keeping, etc.)
 - Expectations of groups and organisations.
 - Lifestyle and Ethics - Developing the skills to apply qigong principle and techniques to daily life while also exploring:
 - The role of the instructor and the instructor/student relationship
 - 5 aspects of self

Course Flow

Month 1 - A Western Foundation for Teaching:

Exploring the basic building blocks of teaching in the west including western anatomy and physiology, learning styles and a range of teaching, coaching and mentoring strategies.

Month 2 - An Eastern Foundation for Teaching:

With a focus on the theory of Qi and the basics of Chinese Medicine, the second month explores effective methods of teaching traditional eastern theories and philosophies to westerner audiences.

Month 3 - Evolving as a Teacher

With an emphasis on self development, the third month introduces the underlying psychology of qigong and evaluates ways in which we can continue to learn and evolve within the role of the Instructor.

Month 4 - Practical Preparation for Teaching:

From Health and Safety considerations, contraindications and qi reactions through to running a qigong business, we will provide you with the resources and information needed to start teaching as a student instructor.

Month 5 - Living Qigong:

Through a deeper exploration of the core of Chinese Medicine and Spiritual traditions, the fifth month looks at how these practices relate to daily life, how we can live in a more qigong-informed way, and why this is so important for teaching.

Month 6 - The Art of Teaching:

Focussing on the more subtle skills used in teaching qigong, we will help you develop ways to remain authentic in your representation of the practice while operating safely and effectively in the modern western world.

Month 7 - Refining the Art of Teaching:

Expanding on the skills taught in month 6, we will continue to refine teaching ability by exploring the use of language and qi within the teaching space while also bringing additional context by exploring qigong's recent history in China.

Month 8 - Embracing the Role of Instructor

With all the tools now at your disposal, month 8 is an opportunity to reassess, revisit and consolidate your learning with the tutors and fellow teachers ahead of

Online Training Commitment

In order to make the online training as accessible as possible, we ask you to commit to one fixed session a week with the tutor and we will then work with you to establish peer learning groups that will run at other points during the week to support teaching practice and peer learning. This is a breakdown of the overall commitment to online training:

- Weekly Lectures and Presentations - Tuesday 7:30pm to 9:00pm
- Personal Practice - We will expect you to undertake personal practice of at least 3.5 hours a week. This can include time in online sessions with your preferred teacher and personal practice.
- Teaching Practice - We expect you to work with your peers in the online space for at least 1 hour a week. These peer groups will be set up to best fit with the time commitments of the students and will be an opportunity to both teach and support others in teaching.
- Monthly Gathering - Every month we will meet up online on a Saturday or Sunday morning to share practice, discuss progress. Some months this will be a peer learning group and other months will include tutors depending on the needs of the group.

Teachers Weekends

Throughout the year we offer weekends for instructors. These are open to anyone with an interest in teaching qigong and serve multiple purposes:

- Meet up with other teachers before, during and after your training.
- Peer learning and sharing of information
- An opportunity for the community of teachers to formally recognise those who have graduated from the programme.

While the format of the weekends will focus on specific themes for teachers, we will continue to work with the focus on the following areas.

- Form - further developing our ability to create the mental and physical space that enables students to learn and evolve.
- Function - Function is split into three main categories
 - Anatomy and Physiology and Chinese Medicine - further enhancing our fluidity in the use of relevant and accurate descriptions within the teaching space.
 - Qi Theory - refining the use of qi in the learning space and exploring qi in relation to holistic therapy.
 - Chinese medicine - discussing the best way to engage in the theories and practices of Chinese Medicine and how to signpost people should they need to find suitable experts in this area.
- Philosophy - Continuing our exploration of the underlying philosophy while bringing focus into the way in which we use these frameworks in order to ensure a safe and effective space for us and others within our teaching.
- Core Skills - An opportunity to refine and develop your core skills in a face to face environment.
 - Teaching Methodology - Taking the opportunity to work face to face around the teaching principles, pedagogy and management strategies to ensure safe and effective practice.
 - Practicalities, Lifestyle and Ethics - Looking at these subjects again from the perspective of teaching in order to enhance our skills and develop our awareness.

Graduation from the training programme requires attendance at two of these weekends in order to enable face to face practice and learning, but the weekends also serve as an opportunity to continue your training in compliance with the Code of Conduct.

Assessment and Qualification

Graduation from the Core Module will require you to submit all the required material and pass a teaching assessment. This accreditation process is designed to help the course attendees to demonstrate the following:

- A suitable understanding of the principles and theories of qigong through assessed teaching sessions and presentations.
- An evolving understanding of the practice through reflective work focussed on both personal experience and development of teaching material.

Homework

The two main aspects that we want to achieve through the homework are:

- Building your confidence and material around key subjects.
- Inviting you to reflect on the aspects of your training that have been most influential and transformative.

This will be achieved using two main techniques:

Presentations

Having the opportunity to do short presentations to your peers is a great way of building confidence and ability, while giving you useful material to use with your students.

This style of homework delivery also gives you the opportunity to learn from each other and to practise giving constructive feedback in a safe, supportive environment.

Reflective Work

While the presentations will focus on specific subjects that you may want to share with your students, the reflective work brings greater awareness to your self development and learning. The intention is to ask you to undertake a longer piece of development that enables you to better understand the processes that are involved in becoming a qigong instructor, how you hold this process and what is most relevant for your personal development.

While this type of work would typically be done in writing, we will let you decide on the format and are happy to receive this work in the format that feels most relevant to you.

Code of Conduct

This Code of Conduct details the level of professional conduct expected by the Qigong Academy and applies to everyone who chooses to work with the Qigong Academy either as a student, instructor or visiting lecturer.

The Qigong Academy (hereafter known as the Academy) is dedicated to developing and supporting a community of Qigong instructors who embody the qualities laid out in this code of conduct.

Purpose of the Code of Conduct

The purpose of this code of conduct is to provide clear guidance on the expected level of behaviour and conduct in the following areas:

1. Standards of Practice.
2. Responsibility to Students
3. Responsibility to Colleagues
4. Responsibility to the Academy
5. Professional Integrity

1. Standards of Practice.

Members of the academy you will be expected to:

- a. Always ensure that the environment in which you teach is safe for your students. This includes their personal safety and the conditions of the physical environment in which students are working, so a basic risk assessment process should be undertaken. If the student is a vulnerable adult or a young person under 18, involve a professional chaperone or their parent/guardian so your work is supervised.
- b. Ensure that the practice being taught is appropriate and safe for students, instructors, colleagues and members of the general public.
- c. Treat students, colleagues and members of the general public with respect and dignity. Acknowledge and value differences. Be aware of, and show respect for, cultural diversity.
- d. Only use Qigong forms and techniques that you have been sanctioned to teach.

2. Responsibility to Students.

Members of the academy who teach Qigong classes shall:

- a. Prepare and teach their Qigong classes within the guidelines of the safe and effective teaching system(s) they have been trained to use.
- b. Continue their personal development in order to maintain and improve form, understanding, awareness and professional conduct.
- c. Respect and practise professional boundaries, being careful to maintain appropriate and ethical relationships with all students and clients.
- d. Treat all students with equal respect, ensuring no favouritism is practised or demonstrated.
- e. Respect students' cultural, spiritual, sexual and religious diversity in all respects.
- f. Respect personal and confidential information disclosed by students.
- g. Ensure that individuals' physical, emotional and other limitations are recognised and treated with respect and understanding.
- h. Consult with mentors and knowledgeable professionals when such consultations are needed.
- i. Refer students to their health professional when concerns arise that cannot be addressed as a direct result of their training.

3. Responsibility to Colleagues.

As a colleague and member of the academy you will be expected to:

- a. Speak positively and kindly of other instructors.
- b. Respect personal boundaries and established relationships between instructors and their students. Offer guidance to a colleague if asked.
- c. Provide accurate descriptions of colleagues' training and related qualifications.
- d. Represent yourself and others honestly and fairly in all advertising and promotional materials.
- e. Participate proactively within the community of instructors fostered by the academy.

4. Responsibility to the Academy.

As a member of the academy you will be expected to:

- a. Respect the property of the academy (both physical and intellectual) and not share/publish/broadcast or distribute it without express written consent.
- b. Continue to study and develop your Qigong practice.
- c. Maintain your membership to the academy.
- d. Pass on information to your students about the training offered by the academy in such a way as not to limit students' potential to develop their Qigong practice.

5. Professional Integrity

Members of the academy will demonstrate integrity and professionalism by:

- a. Describing themselves as Qigong Instructors in an honest and accurate way in all respects
- b. Presenting a positive image to their community
- c. Supporting the goals and positive intentions of the academy
- d. Always being prepared to provide evidence of their qualifications and professional indemnity insurance
- e. Providing a recent and up to date DBS check when undertaking regulated activity relating to children or adults as defined by the Disclosure and Barring Service.
- f. Storing student records, or any confidential personal data about clients or students, in a way that is compliant with the Data Protection Act 2018 (i.e. controlled access/secure storage of data, no sharing of data with 3rd parties without the person's express permission etc).

6. Review:

The academy is committed to reviewing this Code of Conduct on a regular basis with the aim of improving and clarifying the expected conduct so as to uphold the highest professional standards.

When reviewing the Code of Conduct, all aspects of its content shall be open to review and possible adjustment.

Any amendments to this Code of Conduct will be formally agreed by the academy and communicated to all relevant parties prior to formal publication of the updated version.

Frequently Asked Questions

Is accredited prior learning available?

Yes, the modular construction of the course makes it very flexible and we will be very happy to discuss the best combination of modules and ways of reaching the assessment point with you as part of the application process.

Do you offer insurance?

Insurance is not only offered, it is required in order for you to teach both while on the course and following your graduation. Our course has been developed in conjunction with our insurer and we have a specially negotiated rate for both student instructors and graduates of the training.

What's expected of me?

The most important thing that we ask you to do is to take on a regular practice and explore the ideas we present in order to build your understanding in key areas. To facilitate this we will ask you to:

- Prepare short presentations/teaching sessions to share within the group
- Complete home study tasks and submit your ideas in a media of your choice
- Set up a regular practice and keep a track of it
- Set up and run a small Qigong class

Practicalities

Entry Requirements

Entrance to the course is dependent on an initial conversation in which we will want to assess your current experience (of qigong and other related practices) and your reason for wanting to teach.

As a guide, we would normally ask for a minimum of two years experience in qigong, but other practices will be considered when coming to an agreement with you about your training plan.

Enquiries

To find out more and ask any questions, please contact us via email at: info@qigongacademy.org

Bursaries

Although there are inevitable costs associated with this type of training, we are keen to make sure that our training is open to as many people as possible. To this end we endeavour to offer financial assistance to attend our training on a case-by-case basis.

This assistance is dependent on the circumstances of the applicant and the availability of funds within The Qigong Academy. To find out more contact info@qigongacademy.org.

