



# The Qigong Academy

## Qigong Instructor Training Prospectus



Dedicated to Developing High Quality Qigong Instructors

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# 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 a 8 to 9 month period and includes 2 face to face weekends and weekly online training, practice and discussion, followed by an optional instructor weekend.

<b>Weekend 1</b> In-person training at the University of Wales Trinity St David, Swansea	Setting the stage. An opportunity to explore the key themes of the course in person, meet the rest of the cohort and explore the simple forms of qigong that will be used within the course.
<b>Online Training</b>	Divided into 8 monthly blocks that give both a western and eastern foundation in qigong before preparing you to teach and then honing your skills through tutor led and peer learning sessions.
<b>Weekend 2</b> In-person training at the University of Wales Trinity St David, Swansea	Further refining the skill taught on the course and drawing everything together in order to launch you into the next phase or your journey as a qigong instructor.
<b>Instructors Weekend</b> In-person training, venue tbc	An opportunity for potential students, current students and graduates of the programme to spend a weekend together exploring what it is to teach qigong, share ideas and hone their teaching skills.

## Specialist Training (Basic Qigong Styles)

Aligned more closely with the traditional style of training, this area enables 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.

You can expect to work with highly experienced teachers who are closely aligned with the origins of your chosen practice and it ensures that your training remains authentic.

The Specialist Training in your chosen Qigong Style (outlined below) is designed to build on the Core Training and includes 2 long weekends, the first focusing on developing personal practice, the second on teaching the practice. As with the Core Training, weekly online training, practice and discussion will ensure continuous support and development.

## 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.

## Qigong Styles

While the core of the training is not focussed into a specific style of Qigong, if you want to progress beyond working with the absolute basics, it is important to have a roadmap for your future development.

The roadmaps that we offer are based in the established, trusted styles of qigong laid out below and our trainers are amongst the most highly regarded qigong teachers in the UK.

### Shaolin Cosmos Qigong

Regretting that many masters were withholding secrets of Kungfu and Qigong with the result that these arts have lost their essence, 4<sup>th</sup> generation successor of the Shaolin Temple in China, Grandmaster Wong Kiew Kit founded the Shaolin Wahnam Institute of Kungfu and Qigong, with the aim of transmitting genuine Shaolin Kungfu, Shaolin Qigong and Shaolin philosophy.

Shaolin Cosmos Qigong is a generic term covering a wide range of Qigong types, including Eighteen Lohan Hands, Sinew Metamorphosis and Bone Marrow Cleansing. It is both dynamic and quiescent, gentle, yet very powerful, with both Daoist and Buddhist influences. Practitioners tap energy from the Cosmos, and mainly operate at the mind level. It gives radiant health, tremendous internal force and spiritual fulfilment.

The entry point into this lineage is through one of our specialist, long-course training programmes which focuses on level 1, Generating Energy Flow for Health and Happiness.

### Zhineng Qigong

Developed by Dr Pang Ming, Zhineng is an open system of qigong that is highly effective in both healing and spiritual development.

Coming to prominence through the work of the Huaxia Centre (known in the west as the medicineless hospital), Zhineng Qigong draws together a range of Qigong practices from the Buddhist and Daoist schools in a format that is complete enough to support modern academic study, while retaining a simplicity that makes the practice truly accessible to anyone.

The entry point into this lineage is through one of our specialist, long-course training programmes which focuses on level 1, Lift Qi Up Pour Qi Down, along with a range of supporting forms including 3 Centres Merge, La Qi and Ren Mai, Du Mai.

Additional specialist training is offered in teaching Level 2 - Body Mind and Level 3 - 5 Organs for those who have already completed the level 1 specialism.

# Core Training Breakdown

The Core modules form the academic heart of the Qigong Instructor Training, The course utilises both face to face and online training so that we can gain the maximum benefit from being face to face while maintaining connection and continuity of learning through a series of online lectures, discussion, practice and mentoring sessions.

The following section outlines the content of both aspects of the training.

## Core Training Weekend 1

This first core training weekend is an in-person, broad introduction to the full range topics covered in the programme. This weekend is about creating a solid foundation for the rest of the training.

Working from a basic set of forms that are common to a broad range of qigong schools we will explore the form, functions and philosophy while tying everything together around core skills. Each of these sections is outlined below:

- Form - utilising both movement and stillness within qigong, we will explore basic standing and seated forms in order to understand the potential of certain movements.
- Function - Function is split into three main categories
  - Anatomy and Physiology - building a basic understanding from both a western and Chinese medicine perspective.
  - Qi Theory - Looking at the concept of qi in order to understand the difference between subtle and dynamic qi and the underlying framework of qi, space and information
  - Chinese Medicine - A brief introduction to the development of Chinese medicine exploring the differences between the westernised and eastern forms.
- 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.
- Core Skills - A little like the functions, this section is split into three main categories:
  - Teaching Methodology - A brief introduction to the basics of teaching with an emphasis on the practical skills that can be explored in a face to face session
  - Practicalities - From contraindications and qi reactions to conversations around the benefits and pitfalls of online classes, we will create the basis for the subsequent online training modules.
  - Lifestyle and Ethics - The importance of qigong in influencing your entire life including an introduction to reflective practice and exploring practical applications for simple qigong techniques.

## Online Training

Picking up the threads of the first weekend, we use the online sessions to analyse and apply the understanding of the functions, philosophy and core skills in order to establish the following level of understanding:

- Form - Going beyond basic understanding of the movement to enable a more refined application of movement that supports both the body and mind in terms of the function and philosophy of the form.
- 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 - Similar to the functions, this section is split into three main categories, each category 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

The progression through these key areas will take place over 8 consecutive months. The theme and intention of each month is outlined below:

### Month 1 - A Western Foundation for Teaching:

Exploring the basic building blocks of teaching including basic anatomy and physiology as well as learning styles and feedback 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 ideas to westerners..

### Month 3 - The Instructor as a Student:

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:

With a deeper exploration of Chinese Medicine and Spiritual traditions, the fifth month looks at how qigong relates to daily life in order to help you live in a more qigong-informed way, and make the practice more relevant to your students.

### Month 6 - The Art of Teaching:

With a focus on the more subtle skills used in teaching qigong we will analyse how these skills are transferred from their origins into the modern western world in order to retain the power of the system without losing any of its relevance.

### 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 the final weekend. We will also spend time exploring ways to adapt your teaching into different areas so that you can create your own niche.

## 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 7pm to 8pm
- 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.

## Core Training Weekend 2

This final core training weekend is about consolidating your learning and enhancing your ability. It's an opportunity to hone your skills and to really step into the role of the Qigong Instructor.

Working with the basic set of forms from Core Weekend 1 we will continue our exploration of form, functions, philosophy and core skills from a teaching perspective. Each of these sections is outlined below:

- 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.

## Annual Instructors Weekend

Every year we offer a short weekend for instructors. This is done in order to offer a formal recognition of completion of the course and successful accreditation.

It is also a great opportunity to meet up with other qigong instructors to share practice and build the community of instructors.

While not a requirement for the training, it will help the alumni to continue to learn and develop as a group while also offering support to people who are looking to join the training.

# Specialist Training Weekends

To extend the course beyond the core training, additional Specialist Training is offered. In order to qualify to teach a specific system of qigong, you will be expected to undertake the Specialist Training associated with the form you want to teach.

In broad terms the specialist training is split into long course (typically two long weekends with associated online training and support between the weekends) and short course (typically a single module that may be offered either online or face to face)

As there are aspects of qigong that do not lend themselves to being assessed through the University accreditation system, some of the training will be certified by The Qigong Academy while others will be accredited by the University.

## Zhineng Qigong - Level 1 (long course)

### Weekend 1

Level 1 of Zhineng Qigong, also known as Lift Qi Up Pour Qi Down, is the basis for our Zhineng Qigong base specialism.

Prior to attending the first weekend, you will be expected to have a working knowledge of this form to the point that you are able to be led through the process with simple verbal prompts (eyes closed).

During Weekend 1 we will introduce greater physical detail into the practice and explore the potential adaptation of the mind activity in order to direct qi in different ways.

Key topics that will be explored are:

- Jing, Qi and Shen
- Hun Yuan Qi and Yi Yuan Ti
- Zhineng Qigong Qi Field Theory

At the end of the weekend you will be expected to take the content of this weekend and use it within your personal practice and the supporting online sessions in order to develop your understanding of the form in preparation for teaching on weekend 2.

### Weekend 2

With a solid grounding in the physical and energetic aspects of the practice, weekend 2 is about going deeper into the form through practice while developing teaching strategies for the level 1 practice by breaking the practice down and using a range of supporting forms.

# Shaolin Cosmos Qigong

## Weekend 1

Level 1 of Shaolin Cosmos Qigong, known as Generating Energy Flow, is the foundation for Cosmos Qigong specialism.

The practices include:

- Entering the Way
- Smiling from the Heart
- Three Golden Rules
- Qi Flow
- Flowing Breeze
- Standing Meditation
- Point Massage
- Heavenly Drum
- 3 forms from the 18-Lohan Hands for Cleansing, Building, Nourishing

Additional speciality training is offered in teaching Level 2 – Jing (Body), Qi (Energy), Shen (Mind)- Conscious Flow.

Level 3 – Strengthening and Nourishing Mind, Body, Energy for those who have already completed the level 1 speciality.

Prior to attending the first weekend, you will be expected to have a working knowledge of the 3 forms from the 18-Lohan Hands to the point that you are able to be led through the process with simple verbal prompts (eyes closed).

During Weekend 1 we will introduce greater physical detail into the practice and explore working with the mind, body and energy to generate qi flow in different ways and return to deep stillness.

Jing, Qi, Shen

Cleansing, Building, Nourishing

At the end of the weekend, you will be expected to take the content of this weekend and use it within your personal practice and the supporting online sessions in order to develop your understanding of the form in preparation for teaching on weekend 2.

## Weekend 2

With a solid grounding in the physical and energetic aspects of the practice, weekend 2 is about going deeper into the form through practice while developing teaching strategies for the level 1 practice by breaking the practice down and using a range of supporting forms.

# Assessment and Qualification

## Core Module (University and/or Qigong Academy accredited)

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

**NB: Please note that the University accreditation is not available for the 2023/24 intake at the time they take the course and accreditation will be offered through The Qigong Academy's formal accreditation process.**

## Specialist Training (Qigong Academy assessed)

To qualify as a Qigong Teacher in a specific, specialist area, you will need to demonstrate that you both understand and are able to communicate the following in a safe professional manner:

- The physical form from your chosen speciality.
- The principles and intention of your chosen speciality

Assessment is done both on an ongoing basis and at the request of the student following completion of the course. There are no set timescales and we will continue to work with you and support you while you develop the appropriate skills.

Certification will only be issued once the assessing tutor is convinced that the student is able to teach qigong in a safe and authentic manner. This can be done face to face or online at the discretion of the assessor.

# 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.

# Your Tutors

## John Millar

Born and educated in the South East of England; on leaving school he spent a short period as a professional Windsurfer before opting for a 'proper' job in banking.

Through a sequence of happy coincidences his career path took a diversion and he spent 20 years in the IT industry.

In 1997, while studying world religions and complementary medicine, an insightful Reiki teacher introduced John to Qigong. From the outset it was apparent that Qigong provided him with a powerful tool for the exploration of spiritual and healing practices, as time passed the potential for Qigong to be an integral part of his life became clear.

Following graduation from the 2 year Teacher Training Program at the 'College of Chi Kung' in 2005, John continued to study Qigong form and philosophy, both in the UK and China, exploring the potential that resides within movement and stillness.

John's passion is in finding simple, effective ways of expressing the understanding that resides at the core of the practice of Qigong. He has gained an international reputation for innovation due to his work in the corporate and integrative medicine field, and is part of the core team within The College of Medicine.

He believes that there is huge potential in providing people and Organisations with practices that are simple enough to be memorable, whilst being profound enough to support deeper practice.







## Tim Franklin

Working as an online and in-person teacher, coach, therapist, and formerly an associate lecturer at Chichester University for Mind-Body Connection and Resilience, Tim shares his passion for universal approaches to health, wellbeing, and success.

Over the last 20 years he has taught courses, workshops and classes, and has helped individuals to overcome unhelpful habits, conditioning, trauma, and blockages and to improve their health and resilience.

In a former career he was the co-founder of an Estate Agents, with the strapline "Helping you move with less stress".

Whatever work or project Tim is involved in he looks to bring his main aim to help people help themselves by understanding the causes of good health. In doing so people can better deal with stress, anxiety, illness and pain, improve mental clarity, sustain energy, enjoy life more and increase their inner strength.

Tim's simple, relaxed, focused, and passionate approach has helped people from all walks of life to experience the joys of being, together with improved physical, mental, and emotional health, and a sense of ease.

As a practitioner of the methods he teaches, Tim continues to learn and practise with a variety of teachers, masters, and coaches to help redefine the best and most simple methods available to provide every day, noticeable results. He finds thought-provoking ways to pass them on in a tangible, grounded and absorbing style.

Tim is trained in:

- Swedish Massage
- Zero Balancing
- CBT (Cognitive Behavioural Therapy)
- Cognitive Behavioural Hypnotherapy
- QEA (Quantum Energetic Alignment)
- Zen Yoga
- Trapeze Yoga
- Bone Yoga
- Shaolin Arts (Including Kung Fu, Qigong, Taijiquan)
- Zen Meditation and Mindfulness
- Flexibility Coaching
- Breath Coaching

# 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 3<sup>rd</sup>

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.co.uk](mailto:info@qigongacademy.co.uk)

## 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.co.uk](mailto:info@qigongacademy.co.uk).

