



# The Qigong Academy

## Qigong Instructor Training Programme



### Practicalities of Training

Dedicated to Developing High Quality Qigong Teachers

# Practicalities:

## Dates and times for in-person training:

7th/8th Sep 2024	9:30am to 4:30pm	Weekend 1
10th/11th May 2025	9:30am to 4:30pm	Weekend 2 (t.b.c.)

## Venue:

Dylan Thomas Centre  
University of Wales Trinity St David  
6 Somerset Place  
Swansea  
SA1 1RR

## Accommodation:

Swansea has a wide range of accommodation options. Although not formally part of the training, we do encourage people to spend time together on Saturday evening in order to get to know each other a little better. For this reason, we ask you to stay locally whenever possible.

## Time commitment for online training:

Lectures and Presentations	Tuesday evenings, 7pm to 8pm. Although we prefer everyone to be present in the live sessions, we will be recording the sessions and they will be available to review.
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 as well as your 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 an opportunity to both teach and support others in teaching. Times and days will be set during the first weekend to best fit with the time commitments of the group.
Monthly Gathering	9am to 12noon on the first Sunday of every month is reserved for online practice and discussion. Generally, these informal sessions will be led by one of your tutors and the session will be tailored to the groups needs

## WhatsApp Groups:

All WhatsApp Groups are open to past, present and prospective students. The tutors will set up the following:

### General Discussion Group

For general announcements and discussion around topics not included in the other groups. We will ask everyone to be present in this group, even if you are not active.

### Teaching Discussion Group

For discussion and sharing on the subject of teaching qigong. Details of specific systems (theory or practice) will be included here

## Payments:

- The £200 deposit secures your place on the course and the remaining £1800 is due prior to the commencement of the training (invoices will be issued on 1st of September).
- If you would like to pay by instalments, please contact us prior to the 1st September. Payments will be invoiced on the 1st of the month with payment due by the 15th. A small additional charge will be applied to cover administration and the breakdown of payments is below:
  - Deposit                      £200
  - 1st September              £205
  - 1st October                 £205
  - 1st November             £205
  - 1st December             £205
  - 1st January                £205
  - 1st February              £205
  - 1st March                  £205
  - 1st April                    £205
  - 1st May                     £205
  - Total Payable            £2045**

## Mentoring:

During and after the course you will be allocated 3 hours of mentoring with one of our tutor team. This can be taken at any time and additional mentoring sessions can be arranged, but will be chargeable.

## Accreditation:

Accreditation is offered following completion of the 8 month training. We do not put a time scale on this as we understand that different people are ready at different times. We do find most people will be accredited within 12 to 18 months of commencement.

## Joining Requirements:

While we do not require training in a specific style of qigong, we do ask for 2 years experience of your chosen qigong practice.

If you are unsure about your suitability, or if you have questions about the training, we encourage you to get in contact so that we can have a conversation.

## Expectation:

The course will be challenging and transformative. The point at which you take your personal practice and start to open it out to share with others will provide amazing opportunities to learn and develop and we want to make sure you do this in a safe, well supported environment with experienced tutors, the support of your peer group and input from people who have previously trained with us.

Some of the key points to consider are below:

- Attendance at the in-person weekends is mandatory, this ensures that we have all got to know each other in person before starting to work online.
- Feedback is an important part of the training, we will help to develop your feedback strategies and encourage you to both provide and receive feedback in an open, productive manner.
- We will ask you to prepare short presentations for your peers in order to help build your teaching material .
- We provide you with a safe space to experiment, make mistakes and learn while working with your peer group. This will help you to develop your teaching skills and prepare to start teaching public classes in the second half of the programme.
- To get the most of the course, we will encourage you to be an active part of the conversations and practice sessions with both your peers and tutors.
- We want you to have fun, we want you to continue to study and learn and, most importantly, we want you to be part of a supportive group of people who can continue to support each other well beyond the completion of the programme and the subsequent accreditation.