



# Comprehensive Tai Chi Qigong (Instructor) Training Course – Level I

## WHAT IS TAI CHI QIGONG SHIBASHI?

Tai Chi Qigong Shibashi is one of the most popular styles of qigong around the world because it is effective and easy to learn. The demand for tai chi qigong instructors is increasing as baby boomers start to age and as more people become aware of the benefits of qigong.

## WHAT WILL YOU LEARN?

In this course, students will learn:

- The first set of Shibashi. Including teaching tips for each movement.
- How to identify common mistakes and cue correct form.
- The 3 major types of qigong, namely the moving qigong, standing qigong and seated qigong.
- The theory of qi and how this applies in practice to Tai Chi Qigong Shibashi Set 1.
- Qigong breathing techniques and relaxation exercises.
- The benefits of Tai Chi Qigong Shibashi from a physical, mental and spiritual perspective.

By the end of the course, students will know how to:

- Teach simple tips and cues to promote ease and relaxation for students.
- incorporate some simple yet powerful stances into Shibashi that enhance the benefits of practice.
- modify movements for teaching diverse populations.
- Understand how to work with qi flow and share this knowledge practically with students.
- Feel confident to include Tai Chi Qigong Shibashi in your present teaching.
- Explain the benefits of Tai Chi Qigong Shibashi to your students and potential clients.

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This course focuses on the Qigong practice of Shibashi. Included in the training are skills and knowledge that can be applied to many different styles of qigong. Those that do not intend to teach but would like to make qigong a part of their lives will also find this course very useful.

Please note this course may be videotaped for teaching purposes only.

<b>2020 COURSE DATES</b>	<b>LOCATION</b>
<b>May 23/24, 2020</b> Saturday May 23, 1.00pm to 6.00pm Sunday May 24, 10.00am to 5.00pm	Heart Journey Yoga Studio 16945 Leslie St Newmarket ON L3Y 9A2

## PREREQUISITES

None. However, it is recommended that you become familiar with the Set 1 Tai Chi Qigong Shibashi. Recommended course study materials are available using the links and discount codes below.

Purchase Set 1 Shibashi Home Study Course

<https://taichi18.com/product/shibashi-set1/?ref=861>

and Qigong Mode & Tai Chi Posture Requirements Home Study Course

<https://taichi18.com/product/qigong/?ref=861>

Apply the following discount codes when placing your order

- 5% discount for order over \$150\* Use coupon code: **677sheuy**
- 10% discount for order over \$250\* Use coupon code: **6p5x6he7**
- 15% discount for order over \$400\* Use coupon code: **wpw43ajb**

*\*some restrictions apply.*

You may also wish to register for the Set 1 Introductory Workshop. See dates and locations here: <https://bit.ly/2RjK4YW>

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**Tuition:**

**Your best option** Super Early Bird register before Mar 1, 2020 \$375 includes hst

Register March 1 to May 1, \$390, After May 1, 2020 \$420 includes hst

Please send an email to [lvarnam@chanvar.com](mailto:lvarnam@chanvar.com) if you wish to sign up for this workshop.

## OPTIONAL INDIVIDUAL ASSESSMENT

Those who intend to teach or would simply like to have individual attention should enroll in this assessment at the end of the workshop. The purpose of the assessment is to ensure that the student fully understands all the concepts and techniques covered in the workshop.

An instructor certificate will be issued to those who successfully pass the assessment. Graduates are eligible for listing on the [certified instructors](#) section of [www.taichi.com](http://www.taichi.com)

**Prerequisites:** Students must be able to recall and perform all 18 movements of Shibashi

**Date & Time:** Sunday May 24, 2020, 4:00pm-5:00pm

## WHAT IS INCLUDED?

- A) Perform the first set of Shibashi
- B) Demonstrate the different techniques learned during the course.
- C) Submit a video of you performing the movements from both the front view and the side view.
- D) Successfully complete a short quiz based on the information presented at the workshop and in the practice materials.

Please note your assessment process will be overseen by Master Sifu Wing Cheung of the Tai Chi and Feng Shui Institute.

**Assessment Fee:** The fee is payable to Master Cheung and is the equivalent of USD \$80.00

Please contact Linda Varnam [lvarnam@chanvar.com](mailto:lvarnam@chanvar.com) if you need any assistance.

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