



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.



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 will be videotaped for teaching purposes only.

2019 COURSE DATES	LOCATION
<p data-bbox="180 724 511 756">Sept 14 and 15, 2019</p> <ul data-bbox="235 808 771 924" style="list-style-type: none"><li data-bbox="235 808 771 840">• Sat Sept 14, 9:30 am to 4.30 pm<li data-bbox="235 892 771 924">• Sun Sept 15, 10.00 am to 3.00 pm	<p data-bbox="852 724 1274 913">Path to Stillness Yoga Studio Gateway Plaza 55, Mary St., West, Suite 204, Lindsay, ON, K9V 5Z6 www.pathtostillness.ca</p>

PREREQUISITES

None. However, it is recommended that you become familiar with the Set 1 Tai Chi Qigong Shibashi.

Students who register for this course will receive a coupon to purchase the [Set 1 Shibashi Home Study Course](#) and [Qigong Mode & Tai Chi Posture Requirements Home Study Course](#) at **50% discount**.

You may also wish to register for the Qigong Pop Up Session, July 12, 10.30 to 11.30 http://www.chanvar.com/yoga-article/Qigong_For_Stress_Relief_PopUp_Sessions/148/10002

Tuition:

C\$325.00 (C\$350.00 after Aug 23, 2019) plus hst.

Please send an email to 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

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

Date & Time: Sept 15, 2019, 3:00pm-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: C\$100 (payable at workshop)

Please contact Linda Varnam lvarnam@chanvar.com if you need any assistance.