

Your Frequently Asked Questions Answered

I've never done Tai Chi Qigong before - will I be able to do this?

Yes, absolutely. The lessons are easy to follow. You are always instructed to follow at a pace and a level that feels right in your body. The key to success is consistency.

Of course, always consult with your health professional if you have any health concerns regarding your participation in physical exercise.

I have heard that Qigong can take many years to master. How long will it take me to learn?

You are correct qigong is a broad practice and there are many paths to learning. What is great about Tai Chi Qigong Shibashi is that it is just one simple and easy to learn 18 movement form of qigong with many benefits. Be consistent with following the lessons and you should begin to feel confident in the movements fairly quickly. Then take time to refine and deepen your practice following the basic theory. Many people find this is ample for supporting optimal health.

Can I be certified to teach Tai Chi Qigong Shibashi at the end of the course?

No. This is not a training course for teachers. It is a good foundation to have you become confident in your personal practice of Tai Chi Qigong Shibashi before continuing your studies as an instructor.

You can find out more about the process of becoming an instructor by emailing Linda @ lvarnam@chanvar.com

How long do I have access to the program?

You have access for the lifetime of the program - there's no expiry. That includes any updates I may make in the future. Work at your own pace, and re-watch any videos as many times as you like!

Do you have a refund policy?

Due to the digital nature of this program, there are zero refunds - no exceptions.

What happens after I have signed up?

Once your purchase is complete & confirmed, you'll be sent an email with your login details to the online course site.

Still have a question? Contact Linda @ lvarnam@chanvar.com