

# Simon Blow Qigong Teacher Training Programme Course Prospectus 2017

[www.simonblowqigong.com](http://www.simonblowqigong.com)

## Introduction

Simon Blow Qigong was established in 1996 to help foster the Chinese Health Practises to the community worldwide. Simon Blow's intention is to guide and teach practitioners helping integrate their experience and knowledge of Qigong and Yang Shen practice into everyday life.

**Simon Blow Qigong Teacher Training** is a progressive path for acquiring the fundamental skills and knowledge in order to pass on the wisdom of Traditional Chinese health cultivation practises.

The intention of these teachings and practises is to promote a higher quality of wellbeing for the individual as well as contributing to the health of local and global communities.

These courses, workshops and retreats are designed to positively influence both the professional and personal aspects of self development.

Practitioners interested in the fields of health and well-being will greatly benefit from the combination of theoretical, practical and spiritual wisdom and are encouraged to take the path of Simon Blow Qigong Teacher Training.

All Simon Blow Qigong courses are recognised by International Qigong Institutions: World Academic Society of Medical Qigong and the Shanghai Qigong Research Institute in China.



# Simon Blow Qigong Teacher Training

## TEACHER TRAINING CERTIFICATIONS

There are three levels to the teacher training certification, with two further levels for teachers wishing to pursue Qigong Mastery.

The skills learnt at each level can over time be absorbed into your everyday life, knowledge and experience.

**Level 1 Qigong Practitioner Training** is a 30-hour course.

There are no pre-requisites for this training. The training is designed to focus and gain the foundations of Qigong theory including the dynamic (movements/forms) alongside the static (meditation) knowledge.

**Level 2 Qigong Leader Training** is a 30-hour course.

There are pre-requisites for this level with a written and practical assessment component. The training is designed to master and expand on your skills and knowledge to deliver the Qigong theory and wisdom to others.

**Level 3 Qigong Teacher Certificate** is a minimum 300-hour certification process.

This is run as a continuous learning undertaking over a maximum period of three years. It is not a formal training course as per Level 1 & 2. The Qigong Teacher Certificate is issued on successful completion of the criteria as outlined in this prospectus.

**Level 4 Qigong Mastery Modules** These are a series of advanced workshops focused on these forms with a written and practical assessment component. Pre-requisites are the completion of Level 3 Qigong Teachers Training.

- Da Yan Wild Goose Qigong 1<sup>st</sup> 64 movements
- Da Yan Wild Goose Qigong 2<sup>nd</sup> 64 movements
- Absorbing The Essence
  - Taiji Hunyuan Zhuang Qigong (Wudang Longevity Qigong)
  - Ba Duan Jin Nurturing Life Qigong Sitting
- Six Healing Sounds

### **Level 5 Qigong Master Teacher**

This is a pathway for those who wish to attain the highest level of Qigong Teacher's Mastery to work in a specialised field of presenting and transmitting the healing benefits of Qigong Traditional Chinese Wisdom and philosophy.

Pre-requisites include the Qigong teacher certification, Certificate IV in Training & Assessment and comprise an interview selection process.

## Aims

To deliver a comprehensive internationally-recognised Qigong Teacher training certification to transmit the traditional ancient wisdom, healing and longevity practice of Qigong.

As a qualified **Simon Blow Qigong Teacher**, the student will be educated and empowered to become an accredited leader and teacher to the highest standard of knowledge and acting in the highest ethical standards.

## Who should attend

This course is opened to all seeking to increase their personal health and wellness, as well as those with a keen interest in the traditional Chinese health cultivation practices.

Applications are regularly accepted from all Health Care professionals including:

- Physiotherapist
- Personal trainers
- Acupuncture
- Chiropractors
- Massage therapist
- Practitioners of Chinese medicine
- Nurses
- Medical doctors
- Kinesiologists
- Counsellors
- Psychologist
- Psychotherapists
- Social workers
- Psychiatrists
- School teachers
- Youth workers
- Community leaders

We do not discriminate on the grounds of class, gender, religious beliefs or cultural background. We do not wish to prevent a student with a physical disability undertaking the training as long as the disability does not directly interfere with their capacity to meet the requirements of the training programme or our capacity to respond to the student's needs. We do require that students have an adequate command of English.

## Simon Blow

Since 1998 Simon Blow has presented at conferences and seminars on Qigong and Traditional Health Cultivating practises with the World Academic Society of Medical Qigong and The Shanghai Qigong Institute in China.

Simon has received extensive training and certifications from many respected sources: Traditional lineage Grand Masters, Traditional Chinese Medical hospitals and Daoist monasteries in China, Buddhist monasteries in Australia, and Hindu ashrams in India. He has been given the blessings and the authority to share these techniques through his teachings and publications.

Simon has received exclusive personal training in the Da Yan Wild Goose Qigong from the 28<sup>th</sup> lineage holder Grand Master, Chen Chuan Gang, and is an initiated student and 29<sup>th</sup> Generation holder of this ancient healing art.

He received World Health Organisation certification in medical Qigong clinical practice from the Xiyuan Hospital in Beijing and is a Deputy Secretary of the World Academic Society of Medical Qigong in Beijing. He has also been initiated into Dragon Gate Daoism and given the name of Xin Si, meaning 'Genuine Wisdom'.

Simon is an established and respected international author and publisher of Traditional Chinese Health cultivation practices for over 30 years.

### **Book DVD publications**

The Art of Life

Absorbing the Essence

Restoring Natural Harmony

Six Healing Sounds

Da Yan Wild Goose 1<sup>st</sup> 64 movements

Da Yan Wild Good 2<sup>nd</sup> 64 movements

### **Audio CD's**

Qigong Meditation – Five Elements

Qigong Meditation – Heavenly Orbit

Qigong Meditation – Return to Nothingness

Sleep – Guided relaxation

Children's Meditation 3 years and over

Children's Meditation 8 years and over

Meditation for Teenagers

## Simon Blow Qigong Educational Philosophy

Training in Qigong requires engagement in a deeply reflective process where the threads of theory, skills, ethics, values, beliefs and internal experience can be explored. Through the experience of learning to balance the internal energy of self to harmonise with the external energy of the universe.

**Simon Blow Qigong Teacher Training** aims to provide a context in which people can explore their interest in Qigong and Traditional Chinese Health cultivation practises. Integrating the philosophy, psychology and practice into either their personal lives or work as a teacher, professional health care provider and leader of their community.

This training process will be interactive and experiential so that knowledge held by members within the group can be accessed and utilised for both individual and group learning. The face to face component of the course will provide an opportunity to integrate the theoretical, philosophical and scientific aspects of Qigong and Traditional Chinese health cultivation practises.

*“As a teacher when instructing, Simon is caring for every student. He is trying to make the complicated theory simple and easy for students to understand. He is leading the practice personally and repeating the difficult parts of movements again and again, to make sure that everyone can learn it properly. All students love his way of teaching.”*

**Grand Master Chen**  
**28 lineage holder of the Wild Goose Qigong**

Simon Blow and selected representatives are responsible for the ongoing administration of the course, ensuring that its content and design meet the intended aims and integrity of the ancient wisdom and with respect to the traditional lineage of Qigong.

We are confident that all Simon Blow Qigong courses will continue to deeply contribute to the ongoing development of both individuals and communities.

## Delivery

The training consists of facilitated face to face learning, classes and workshops. After completing the training, formulating a regular self-practise routine is highly recommend. Recording your hours and observations in the self-reflection journal is essential as a prerequisite for the Qigong Instructors Certification.

- Face to Face

Simon Blow courses and retreats are delivered throughout Australia. Qigong Study Tours are conducted throughout different regions of China. Regular classes are delivered throughout Sydney.

- Resources & Publications

All of Simon Blow's published Books, Book DVD's, CD's, as well as published articles, utube channel and are other helpful links are available on the website [www.simonblowqigong.com](http://www.simonblowqigong.com)

- Online Module

For Teachers Training Certificate there is an online theory module of Traditional Chinese Medicine.

- Additional support

Simon Blow will be available for personal consultations via phone and email.

Please visit the Simon Blow Qigong Website for further details, dates and locations of all Simon Blow Qigong courses, workshops and events as well as valuable Qigong resources and opportunities which may be of interest to you.

### All enquiries are welcome

#### Simon Blow

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# Qigong Teacher Training Programme

## LEVEL 1: Qigong Practitioner Certification

**Pre-Requisites:** None required

### Course Outline

This course is a 30-hour course. Qigong Practitioner is an introduction to the foundation history philosophy and theories of Qigong. This is a highly interactive workshop with a combination of theory, movement and meditation.

This training is based on the book and DVD - The Art of Life and Restoring Natural Harmony. Available from [www.simonblowqigong.com](http://www.simonblowqigong.com)

This workshop includes:

- History and philosophies of Qigong.
- Centering and Grounding techniques
- Meditation practises to assist you developing a self-awareness
- Qigong Preparation Movements
- Ba Duan Jin Standing form
- Taiji Qigong Shibashi form
- Guigen Qigong form
- Qigong Stillness Meditation
- Qigong Meditation - 5 Elements
- Qigong Meditation - Return to Nothingness

This course is a prerequisite for more advanced training such as Qigong Leader and Teacher Certificates.

**Assessment and evaluation:** There is no formal assessment or evaluation at this level. Students are encouraged to complete a self-assessment and start an ongoing experiential journal and evaluation.

On Completion of **Simon Blow Qigong Practitioner Training** a certificate of will be issued.



# Qigong Teacher Training Programme

## LEVEL 2: Qigong Leader Training

### Pre-Requisites

30 Hours Qigong Practitioner Level 1 Training

100 Hours Self Practice on established Qigong movements and Qigong meditation.

Evidence Log book & Reflection Journal must be submitted prior to the course.

### Course Outline

The Leader Training is a combination of the founding theories regarding Qigong with more emphasis on learning the physical forms and practical applications and teaching delivery of the Qigong movements (yang) and meditations (yin).

The training is structured into the following modules:

- History and philosophies of Qigong
- Centering and Grounding methods and techniques
- Meditation practices in developing self-awareness and insight
- Qigong Preparation Movements
- Ba Duan Jin Standing form
- Taiji Qigong Shibashi form
- Guigen Qigong form
- Qigong Stillness Meditation
- Qigong Meditation - 5 Elements
- Qigong Meditation - Return to Nothingness
- Working with small and large groups
- Principles of presenting and practical applications movements
- Leading Meditation sessions
- Setting up the environment – Cleansing and creating Energetic Connection

### Assessment and evaluation

Evaluation of student progress is ongoing. There is an opened book written assessment as well as a practical assessment to be completed by the end of the teachers training.

A Completion Certificate of **Simon Blow Qigong Leader Training** will be issued after the successful completion of all modules and assessments.

# Qigong Teacher Training Programme

## LEVEL 3: Qigong Teacher Training

### Pre-Requisites

The Teacher Certificate is awarded after undertaking a 300-hour certification. To become an authorised **Simon Blow Qigong Teacher** and receive an internationally recognised Certificate, successful completion of all the training modules and assessments along with a minimum of 300 hours training is required.

### Recognised Prior Learning (RPL)

Formal application for RPL is available and will be assessed on a case by case basis. Recognised certification of other relevant training will be considered (eg TCM theory). Further assessment may be required to ascertain an individual's level of understanding and competence. Acquiring of 90 hours of face to face training with Simon Blow Qigong workshops, study tours, retreats and classes are recognised up to 3 years prior to the start date of the Qigong Practitioner course.

### Course Outline

The Teacher Training Certificate will be delivered over a minimum period of 12 months up to a maximum of 3 years from application. In order to accumulate the minimum required hours of practical, theory and experiential self-practise, up to 3-years retrospective experience and training will be considered.

The 300 hours consists of:

- 30 Hour Level 1 Qigong Practitioner Training
- 30 Hour Level 2 Qigong Leaders Training
- 50 Hours Traditional Chinese Medicine Theory
- 90 Hours of face to face training with Simon Blow Qigong. (ie China Study Tour, Classes, Workshops & Retreats).
- 100 Hours Self Practice on established Qigong movements and meditation.

### Assessment and evaluation

Original copies of completion certificates, assessment and evidence (ie Log book & Self Reflection Journal) must be presented and viewed by Master Trainer Simon Blow.

It is highly recommended that Simon Blow Qigong Teachers also obtain a:

- First Aid Certificate and
- Certificate IV in Training and Assessment.

## How to Apply

To apply to any of the below courses refer to the website for the current dates and locations.

Email Simon Blow directly advising which course you would like to attend, please remember to include the date and location along with any questions you may have.

**Level 1 Qigong Practitioner**

**Level 2 Qigong Leader**

**Level 3 Qigong Teacher**

**Level 4 Qigong Mastery Modules**

**Level 5 Qigong Master Teacher**

To attend Qigong Master Simon Blow's regular classes, workshops and retreats please refer to the website for details of locations, dates and times.

All enquiries welcome.

Simon Blow

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