

Living Chi Teacher Training

Objectives:

~ to benefit wider population with foundation of tai chi movements and tai chi meditation and to fulfill upcoming demands for more tai chi instructors
~ train practitioners of other meditative modalities (qigong, yoga, etc.) to encourage the use of tai chi principles and to add to their teaching repertoire

Participants will learn:

Basic principles of tai chi - essential moves and meditations - chi in tai chi - class structure

Suitable for:

Instructors of qigong, yoga, dance, meditation, healers, psychotherapists or any other instructors who wish to enhance their repertoire.

Future opportunities:

~ to teach simplified tai chi at senior centres, schools, community centres
~ to combine tai chi with their own modality and offer new classes which merge those two modalities into their own unique creation

More benefits from taking this course

~ Jane will be available to answer any related question
~ We will set up private group on FB to support each other
~ Meeting new people will expand your connections and potential subs for your class

Semester I (Feb 6 - 27)

4 weeks

Learning the basics

- foundational moves,
- tai chi concepts: being grounded, body position, 30/70 rule & weight transfer, philosophical & practical view of yin/yang, chi in tai chi
- meditations: inner smile, standing meditation, walking meditation

- ~ weekly class Tuesdays 6-8pm
- ~ workshop Saturday Feb 17, 1-3:30pm
- ~ home study/reading

Semester II (March 6 - 27)

4 weeks

Diving Deeper into teaching

- how to set up new class, what to charge, negotiating contract, marketing basics
- how to adapt moves to different population, what to watch for in your class, do we need to correct our students, etc.
- practice teaching with constructive feedback

- ~ weekly class (2 hours) - participants will teach short segments of own choice
- ~ workshop on Saturday, March 24, 1- 3:30 pm
- ~ home study/reading/assignment

Graduation upon completing simple assignment (for example how would you blend this into your class, create a lesson plan, develop your own approach, etc.)

Dates: Semester 1: 6-8 pm on February 6, 13, 20, 27 plus Saturday Feb 17, 1-3:30pm
Semester 2: 6-8 pm March 6, 13, 20, 27 plus Saturday March 24, 1 - 3:30 pm

Location: Canyon Meadows Community Centre
848 Cantabrian Dr SW, Calgary

Cost: **Early Bird before January 15** is \$199 deposit (\$ 199 balance) - **total:\$ 398**
Regular : \$498

Questions: email or call Jane : janesponiar@gmail.com
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