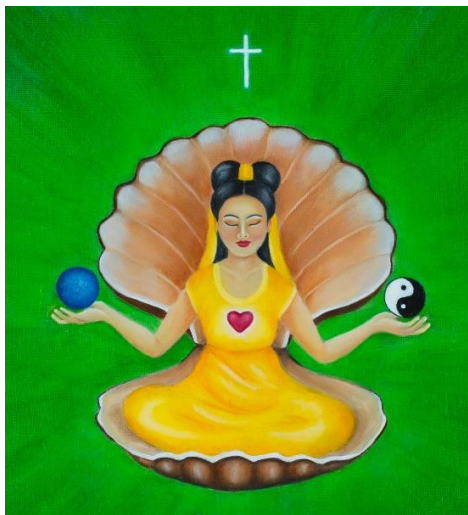


THE JADE WAY

PATH OF THE COMPASSIONATE HEART

**PROFESSIONAL INSTRUCTOR TRAINING (LEVEL 1) IN THE TAOIST ARTS OF TAI
CHI & QI GONG**



We invite you to enhance your personal and spiritual development and healing through the practice of these Taoist Arts and to awaken to 'The Jade Way: The Path of the Compassionate Heart', learning to serve self and others and bring light and healing into your family and community.

Painting 'The Unadulterated Heart of Guan Yin' © 2016 Alison Traynor (ardentart.net)

INTRODUCTION

Our approach is two-pronged.

THE WHITE CRANE SYSTEM OF TAI CHI & QI GONG

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This approach to Tai Chi & Qi Gong is founded upon 'The White Crane System'.

The origin of this approach is rooted in a direct transmission of the purpose of being human by the Bodhisattva of Compassion, Guan Yin. This 'jade-faced' being is dedicated to helping humanity transform their suffering and embrace their destiny of bringing heaven to earth. She helps us source the unadulterated compassionate essence of our own hearts, known as the 'Pearl of our own Becoming', the most powerful medicine for the human ego. The tools that help us to achieve this will be taught through the course syllabus.

WHITE CRANE METHOD: HEALING ON ALL LEVELS

The bio-energetic practice 'The White Crane Method' empowers you to move into and from your own inner-heart knowing.

The method emphasis opening and moving the arms like wings in such a way that the focus of our awareness and feeling is heart-centred. It particularly awakens the energetics of the inner-heart. It allows the person to gently learn to consciously feel their own energetic nature and, over time, penetrate into this inner-heart self. This is a gentle, safe but powerful way to work with your qi (energy), enhancing healing and evolution at the same time.

Again, the method is rooted in the truth that within every human being is the innate power of their unadulterated compassionate heart-self. This is the 'Pearl of our own Becoming', the essentialness of what our humanity is. Connecting with this power harmonises the human energy system, the sense of self (shen), setting the necessary foundations for us to connect correctly to the spiritual origin of the source of our own being, that is, the great mother, the Tao.

SCHOOL ETHOS

The emphasis of the School's teachings will stay true to the physical and energetic benefits of these two incredible mind body disciplines. However, we bring them forward to meet the needs and demands that face the developing human being in the 21st century. To this end the arts of Tai Chi and Qigong are used to enhance the flowering of the true human.

All that is taught technically is grounded into the exploration of the reality of what we are, what the human experience is about, and what the meaning of our lives is.

A Spiritually Scientific approach will allow the student to explore, at their own pace, how relating to their body, energy, and sense of self, affect each other.

Our experience is that the seed of truth in all spiritual traditions is the same. While no belief in spirituality is necessary to explore the schools' teachings, the perennial wisdom of the spiritual nature of the human being is engaged.



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Taking the School's Ethos into account please note that the course material will be engaged within this context. Therefore, there is a significant amount of engagement of course attendee's personal experiences and these are engaged within the context of healing physically, mentally, emotionally and spiritually.

A course attendee should, therefore, be open to working through personal challenges while attending this course.

COURSE SYLLABUS

FOUNDATION: FUNDAMENTAL STANDING QI GONG

- Opening the Energy Gates through posture and breath
- Standing with the Self
- Standing Tree Qi Gong – feeling the self & activating the whole Qi [Energy] Field

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OPENING THE ENERGY GATES THROUGH POSTURE AND BREATH

You will learn to align the Qi Field and gently start to open the main “Energy gates” of the body’s meridian system. This is achieved through postural technique and by embracing the inner Mind/Heart technology of ‘Letting Go’.

EFFECT: This practice improves overall Qi flow and the releasing of stagnation in the meridian system. Tension, anxiety and fatigue will start to dissipate.

STANDING WITH THE SELF

Grounding, harmonising, regulating and consolidating the Qi Field through Taoist breath-work method of sinking qi and breath to the lower Dantien (Energy Centre). Now you are ‘Standing with the Self’.

STANDING TREE QI GONG

Initiates the ‘White Crane’ method of opening the arms, activating the Heart Channels, feeling the self and moving to whole-body breathing.

FUNDAMENTAL WHITE CRANE TAOIST YOGA

- Deeper Opening of the Energy Gates
- Learning to stretch in a way that moves energy (Inner principle of Daoist Yoga: Letting go through movement)

The learning here is to take our exploration of mind/heart letting go and apply it to actually pulling, pushing and stretching the energy channels to further and deepen the opening of the energy gates. The intent here is to relax/let go in an engaged, active way. It’s more about opening and rotating than forcing or twisting, so we learn to stretch in a way that safely opens and moves energy.



Effect: This series of simple Taoist Yoga stretches heals but also prepares us for deeper internal (Nei Gong) work. It releases blockages and corrects misaligned or twisted pathways in the energy system. It's designed to connect the inner Nei Gong grid pathways of the White Crane system.

The above practice will enhance the capacity of nutritive Qi Gong practices (e.g. 5 Phase Standing Qi Gong) to bring fresh energy to weakened, depleted areas thus strengthening and rejuvenating the body.

Certain deeper healing practices cannot be attempted safely or successfully without this work e.g. Inner Dissolving Qi Gong/Inner Heart Nei Gong Meditation.

FUNDAMENTAL MOVING QI GONG

- Fundamental Crane Qi Gong
- Fundamental Kua Qi Gong
- Fundamental Crane Qi Gong & Fundamental Kua Qi Gong
- Releasing Qi Gong (White Crane shakes off diseased energy)

FUNDAMENTAL CRANE QI GONG

This involves moving from Standing Tree, pulling, pushing, sinking, rising and rotating the arms in a Crane-like manner.

EFFECT: This pumps qi through the channel system especially the 6 main channels of the arms. Internal Nei Gong channels and gates are also affected as this practice deepens. The result is this Qi Gong brings healing to the whole system bringing fresh qi to weak areas, removing stale qi and gently releasing blockages.

FUNDAMENTAL KUA QI GONG

Now we focus on the pelvic area and learn to energetically squat. This is called opening and closing the Kua. It includes movement of the legs and its main three joints (hip, knee and ankle). As a result there is continuous movement or pumping of the energy channels and gates of the lower body.

EFFECT: The lower Dantien energy centre is gently but powerfully pumped enhancing the movement of qi. Particular benefit comes to the lower organs and energy pathways (e.g. Urogenital and reproductive functions). As the sacral area and legs are pumped spinal/lumbar functions also benefit.

FUNDAMENTAL CRANE QI GONG & FUNDAMENTAL KUA QI GONG

Here we combine the above two learnings to complete the basic White Crane Qi Gong healing movement.

RELEASING QI GONG (WHITE CRANE SHAKES OFF DISEASED ENERGY)

Here we combine breath, movement and Crane Qi Gong technique to shake off/expel diseased energy through the main energy gates of the feet and hands.

INTERMEDIATE MOVING QI GONG

- Standing Tree Opening Crane Energy
- Rotating Tree Qi Gong
- Stirring Qi Gong
- Stirring Qi Gong with Fundamental Kua Qi Gong

STANDING TREE OPENING CRANE ENERGY

This is a simple Qi Gong movement to help learn, in a more focused way, the White Crane Qi Gong technique. It introduces us to the concept of spiralling energy. In nature energy moves most effectively and naturally in spirals. The White Crane method allows us to awaken this in our qi field enhancing our practice especially the pumping, releasing and expelling of diseased qi from the system.



ROTATING TREE QI GONG

This is a Qi Gong modification where we move in a rotational manner around the central channel/spine. We learn about the importance of opening and closing when doing moving Qi Gong, to enhance the pumping effect. We also learn about empty and full, substantial and non-substantial. All these are complex Taoist concepts that become simple and apparent in this Qi Gong movement.

EFFECT: This Qi Gong greatly harmonises and balances the left and right side of the human qi field.

STIRRING QI GONG

This advances the basic Crane Qi Gong technique into a simple, dynamic rotational Crane movement resulting in a combination of energetic principles best described as 'Stirring'.

STIRRING QI GONG WITH FUNDAMENTAL KUA QI GONG

Now we combine Kua Qi Gong with the Stirring method. The result is, not only does the lower Dantien energy get pumped, but with the practice of the Stirring Qi Gong method the Lower Dantien will start to learn to rotate.

EFFECT: When Lower Dantien energy awakens and starts to rotate internally then Qi starts to move from the inside out. This leads to more powerful movements of qi and deeper healing potential.

INTERMEDIATE STANDING QI GONG

- Shoulder Releasing Qi Gong
- 5 Phase Qi Gong

SHOULDER RELEASING QI GONG

This is a simple preparation Qi Gong to open the shoulder channels for the demands of Standing Qi Gong training.

EFFECT: Excellent for releasing neck, shoulder and upper back stagnation.

5 PHASE QI GONG

Now we start our strength training. Standing Qi Gong's main purpose is tonification of the qi field including channel, gateways and internal organs. It is vital the channels are not only open but strong enough to be able to channel healthy qi deeper into the body and expel toxic qi out of the body. For example, if a channel is too weak it may not be able to release diseased energy from the body safely (we all intuitively know that if we are feeling weak we should not try to fast or detox heavily).

EFFECT: 5 Phase Standing Qi Gong strengthens, consolidates, harmonises and aligns the whole qi field. It particularly helps the connectivity in the central channel between the Lower, Middle and Upper Dantien centres. This prepares the person to work on deeper alchemical internal healing possibilities.

ADVANCED MOVING QI GONG

- Lao Gong Activation Qi Gong
- Qi Massage Qi Gong – activating organ meridian channels
- 4 Limb Qi Gong
- Tai Chi Ball Qi Gong



LAO GONG ACTIVATION QI GONG

This practice is to open the heart centre of the hand (Lao Gong) so that we can learn to feel and reference qi movement from the inside out.

QI GONG TUINA – ACTIVATING ORGAN MERIDIAN CHANNELS

Qi Gong Tuina is a form of qi massage where we explore the concept of qi by combining simple Qi Gong movement with the intent of activating qi along the main yin and yang meridian channels of our bodies by using our hand energy gate, called Lao Gong.

EFFECT: As well as gently activating the qi field and the main yin and yang organ meridians it gives us the sense of moving energy with our own intent, again, opening the possibilities for deeper Nei Gong practices and, in the future, using our energy to heal others.

4 LIMB QI GONG

We now move to the White Crane moving Qi Gong called '4 Limb Qi Gong'. Here we engage movement of the limbs to pump Qi around the 12 Organ-related Meridians of the qi field. Here we continue with the concept of the kua to further open energy gates that enhance our ability to pump the sacral area to further the pumping of the Lower Dantien.

EFFECT: Again, this amplifies all the previous benefits and targets the organ pathways, and therefore has a secondary benefit for the internal organ systems.

TAI CHI BALL QI GONG

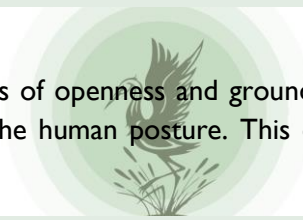
This method uses the above rotational movement off Dantien energy plus hand sensitivity to move qi as if moving a ball, backwards, forwards, up and down.

EFFECT: Enhances qi flow through the whole body but also especially the Du and Ren channels of the so-called Eight Extraordinary channels of the Taoist energy system.

FUNDAMENTALS OF QI GONG MEDITATION

PHASE 1: ACHIEVING PROFOUND STILLNESS

Here we apply the qi gong principles of openness and groundedness to Sitting, Standing, Lying and Walking; the four main stances of the human posture. This connects us with a profound state of stillness and self-awareness.



PHASE 2: PRACTISING MOTION IN STILLNESS;

DISSOLVING QI GONG LEVEL I

- Fundamental Nei Gong Theory/Meditation Practice

Here we start the White Crane Nei Gong meditation practice. The focus is one of moving from a place of stillness and self-awareness to gently opening the heart so that we can experience what stillness/awareness actually is through our feeling ability. This practice, over time, and its more advanced form leads us straight into the compassionate unadulterated heart self of the human being.

EFFECT: Profound, gentle release of heart blockages, an inward objective experience of inner reverence, beauty and joy. An awakening to ones' own heart-knowing of ones innate goodness that is the Shen, or Spirit Self.

(This is where the White Crane system practices Shen/Spiritual Qi Gong from.)

TAI CHI TRAINING

Our chosen Tai Chi practice has its origin in Yang Family tradition. However, the key is to study the original **Taoist Principles** within the practice. We now know that the family styles of Tai Chi have their root origin in the *Thousand Year Temple* of the Tang Dynasty; the teaching coming from the monk Dao Zi. He taught the essence of Taoism, Buddhism and Confucianism through his Wuji Yangsheng Quangong ('Health Preserving Boxing System of the Endless Void').

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At 'The Jade Sun School of Tai Chi & Qi Gong' we, therefore, adhere to the Yang Family principles which, in turn, adhere to Dao Zi's instructions of the 13 movement Boxing System. However, we also bring in to this the instructions from Guan Yin Bodhisattva on the inner heart-sphere knowing of how to enter the void correctly with the application of the White Crane method within the Tai Chi form. Here we marry the discipline of the mind to the experience of **what our Humanity is**. This is the most potent medicine for the healing and evolution of our Qi system towards serving the love that birthed it.

Practically we will again show the White Crane application in each of the upper body movements to achieve the above intent.

*"The interiority of your intent defines the trajectory of your movement, and therefore, the life we create" ~
Gary Collins*

Lastly, the synthesis of the Tai Chi system and the White Crane system bring a more conscious evolutionary impulse to this Taoist practice.

The following are based on traditional Yang Family Style principles and we will explore applying the White Crane Method to these sequences:

1. Tai Chi Walking
2. 24 step Tai Chi Form (Yang Family Tradition Short Form)
3. Silk Reeling (Linking Qi Gong to Tai Chi)

4. Introduction to Push Hands (Interactive bio-energetic exercise that helps both parties understand and release their own resistances.)

We will also explore the Tai Chi principles of:

- Yin and yang
- Full and empty
- Rising and sinking
- Pulling and pushing



ADMINISTRATION

DATES

Training: There will be a total of 60 training days (30 weekends one weekend a month). For those who wish to take the Tai Chi & Qi Gong Instructor Certification Examination there will be an additional two days for exams at the end of the course (the exam fee is €300). Each day we will start at 9:30 and finish at 5:30.

YEAR I

The initial dates have been provisionally set as follows. Please note that while these dates are subject to change it is unlikely that we will need to change any of them as the instructors can alternate as required.

2024

Weekend 1: Saturday 7th & Sunday 8th September

Weekend 2: Saturday 12th & Sunday 13th October

Weekend 3: Saturday 9th & Sunday 10th November



2025

Weekend 4: Saturday 11th & Sunday 12th January

Weekend 5: Saturday 8th & Sunday 9th February

Weekend 6: Saturday 8th & Sunday 9th March

Weekend 7: Saturday 12th & Sunday 13th April

Weekend 8: Saturday 10th & Sunday 11th May

Weekend 9: Saturday 7th & Sunday 8th June

Weekend 10: Saturday 12th & Sunday 13th July

Weekend 11: Saturday 9th & Sunday 10th August

Weekend 12: Saturday 13th & Sunday 14th September

Weekend 13: Saturday 11th & Sunday 12th October

Weekend 14: Saturday 8th & Sunday 9th November

Further dates will be set by June/July 2025

TIMES

Morning Session I: 9:30-1:00

Lunch – 1 Hour

Afternoon Session I: 2:00-5:30

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We note that, given the nature of this course and of energetics, it may be challenging for the instructors and students to observe these times rigidly and therefore breaks will be taken during the day at the discretion of the instructor.

COST & PAYMENT PLANS

A non-refundable deposit of €800 secures a place on the course.

Course Cost: €7,500.00

Cost for Registered Instructors: €5250.00

Cost for Associate Instructors: €6,750.00

These fees must be paid at a minimum rate of €250.00 per weekend. If payments are not maintained at this rate the School reserves the right to refuse admission.

NB: Please note that by registering for this course you are liable for the full course fee. The instalment plan is offered as a means to facilitate attendance on the course but does not imply that the fee relates to weekend attendance. Therefore, if you choose to drop out of the course, or you miss any weekends, the full course fee remains due. It is only by committing to these terms that the School can ensure facilitation of these courses.

If payment is made in full before 10th August 2024 the following 'early bird' fees apply:

General: €7,000.00

Registered Instructors: €4,500.00

Associate Instructors: €6,000.00

**The Jade Way: Tai Chi & Qi Gong Level I Instructor Certification Examination Cost:
€300**

VIDEO LIBRARY

An online video library of videos recorded at previous training courses will be made available to course attendees at a non-refundable cost of €250.00 each for the duration of the course. Where a course attendee drops out of the course prior to the course finishing access to this video library will be suspended for this individual.

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OTHER DETAILS

INSTRUCTORS



This course will be facilitated by Neal Traynor, Senior Instructor of the Jade Sun School of Tai Chi & Qi Gong.

Phone: 087 9085684

At the discretion of the school one of the school's School Instructors or Registered Instructors may facilitate training sessions.

LOCATION

All instruction will be held at our centre: Elysium, Rathnageeragh, Gusserane, New Ross, Co,
Wexford, Y34 Y628 (use Eircode Y34 D378 for parking)

Website: www.jadesuntaichi.com

Email: info@jadesuntaichi.com

Facebook: www.facebook.com/jadesunschoolTC (Please 'Like' the School on Facebook to keep up to date with our posts).

TERMS & CONDITIONS

By attending the Jade Sun School of Tai Chi & Qi Gong's Instructors Training Course you are agreeing to the following terms and conditions. If you would like to discuss any of the terms and conditions please speak to either school director, Gary Collins or Neal Traynor.

ENROLMENT

1.1 Every student of the Instructor Training Courses at The Jade Sun School of Tai Chi & Qi Gong must enrol for the course and pay the fees appropriate to this course of study at The Jade Sun School of Tai Chi & Qi Gong.

1.2 No person shall be deemed to be an enrolled student unless:

1.2.1 they have completed and signed a The Jade Sun School of Tai Chi & Qi Gong enrolment form, and

1.2.2 agreed to meet the liability for the total relevant fees.

1.3 In signing the enrolment form the student undertakes to observe The Jade Sun School of Tai Chi & Qi Gong Terms and Conditions of Study (including all current published The Jade Sun School of Tai Chi & Qi Gong Policies, Codes and Regulations) and consents to the Jade Sun School of Tai Chi & Qi Gong obtaining, recording, holding, processing etc. personal data including data of a sensitive nature. Students are responsible for informing The Jade Sun School of Tai Chi & Qi Gong of any changes to the information provided on enrolment.

WORK COMMITMENT

2. Students enrolling on courses at The Jade Sun School of Tai Chi & Qi Gong are entering into a partnership with The Jade Sun School of Tai Chi & Qi Gong to further their education and training. Students are expected to take full advantage of the opportunities for learning and study.

COMPLAINTS PROCEDURE

3. The complaints system is easy to use and students are encouraged to use it where necessary. Complaints are dealt with by the founders of the school and are acknowledged within five working days of receipt and are normally fully answered within fifteen working days. After a further three weeks there is a further letter to ensure the complainant is happy with the outcome of the investigation into their complaint.

COURSE CONTENT

- 4.1** Students should satisfy themselves from reading the available information that the Instructor Training Course meets their requirements before commencing the course.
- 4.2** Completion of this course will qualify you to teach Tai Chi & Qi Gong at Instructor Level I, however, the self-cultivation and ‘The Science of Relationship’ aspect of the course are for personal use. It is beyond the remit of the course to teach you how to teach these.

CANCELLING OR CHANGING CONTENTS OF COURSES

- 5.** The Jade Sun School of Tai Chi & Qi Gong reserves the right not to run courses where the number of students is considered insufficient or where resources are unavailable or to change the contents of a course where it is considered appropriate by The Jade Sun School of Tai Chi & Qi Gong to do so.

LIMITATION OF ADMISSION TO COURSES

- 6.1** The Jade Sun School of Tai Chi & Qi Gong reserves the right to refuse admission to any course because of restricted availability of facilities due to accommodation or teaching requirements or for any other reason which The Jade Sun School of Tai Chi & Qi Gong deems it necessary to do so.
- 6.2** All admission to courses is at the discretion of the Founders of the Jade Sun School of Tai Chi & Qi Gong.

FEES

- 7.1** All fees are payable in line with the specific course details provided. Details of methods of payment can be obtained from the course Instructors.
- 7.2** Liability for fees is incurred at enrolment and The Jade Sun School of Tai Chi & Qi Gong reserves the right to suspend any student who has not paid or arranged, to the satisfaction of The Jade Sun School of Tai Chi & Qi Gong, payment of fees within a reasonable time.
- 7.3** No person shall be permitted to enrol as a student of The Jade Sun School of Tai Chi & Qi Gong or to receive any qualification conferred by The Jade Sun School of Tai Chi & Qi Gong, unless all, if any, arrears of tuition fees and any other sums due to The Jade Sun School of Tai Chi & Qi Gong are paid in full or arrangements for the payment of fees have been made to the satisfaction of The Jade Sun School of Tai Chi & Qi Gong.

FINANCIAL MATTERS

8.1 Studying at The Jade Sun School of Tai Chi & Qi Gong may cause students to incur different costs, for example, tuition fees, books and equipment costs, accommodation costs, childcare fees, travel expenses and living expenses.

8.2 Students are required to supply their own stationery and materials. Details of specialist materials/equipment will be supplied at the commencement of each course.

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DISCIPLINARY CODE

9. The Jade Sun School of Tai Chi & Qi Gong has a zero tolerance to the abuse of instructors or other students and students are reminded that any such conduct constitutes unacceptable behaviour and will result in disciplinary action which may, in turn, lead to your suspension or dismissal from the Jade Sun School of Tai Chi & Qi Gong.

EQUAL OPPORTUNITIES

10. The Jade Sun School of Tai Chi & Qi Gong is committed to promoting equality of opportunity for all its students and instructors in all aspects of The Jade Sun School of Tai Chi & Qi Gong life to ensure that no-one is discriminated against on the grounds of race, colour, religion, sex, marital status, disability, age, social position or sexual orientation.

DISABILITY

11. The Jade Sun School of Tai Chi & Qi Gong treats applications from students with disabilities on the same grounds as all applicants, taking into account the difficulties they may encounter.

ABSENCE

12. Absences at the time of examinations or assessments will result in the need to reschedule these for the absentee student, at a further cost to them.

ATTENDANCE AND PUNCTUALITY

13. Students are required to be punctual and, furthermore, attendance at The Jade Sun School of Tai Chi & Qi Gong must be sufficient to fulfil the requirements of the course concerned. Poor attendance may have implications for a student's continuance on a course. Each course will be advertised with the number of days attendance required to complete the course. Absence on more than 10% of the days will result in the need to arrange private classes, at a further cost to the student,

in order to cover the required material. Attendance and absences are recorded on computerised registers which are kept for all classes.

For each day that is missed a 3 Hour Private session can be arranged with either Gary Collins or Neal Traynor and this will be recorded as the equivalent of attendance for the missed day. At the time of writing (June 2020) the fee for this session is €140 with Neal or €160 with Gary. These fees are subject to change.

INSURANCE

14.1 No insurance cover is held by The Jade Sun School of Tai Chi & Qi Gong to provide automatic compensation to students in the event of loss or damage to property, personal accident, injury or death. It is the responsibility of each student to insure for personal accident cover, if felt appropriate.

14.2 The Jade Sun School of Tai Chi & Qi Gong does hold third party liability insurance which indemnifies The Jade Sun School of Tai Chi & Qi Gong with respect to claims from third parties, including students, who have suffered injury, illness, loss or damage arising from the negligence of The Jade Sun School of Tai Chi & Qi Gong. However, if there is no negligence, no claim would be accepted by the Jade Sun School of Tai Chi & Qi Gong or its Insurers.

ALCOHOL, DRUGS AND SUBSTANCE MISUSE

15. The Jade Sun School of Tai Chi & Qi Gong encourages the health and wellbeing of all students and wishes to minimise problems arising from the misuse of alcohol and drugs. The Jade Sun School of Tai Chi & Qi Gong will offer guidance and support to any students known to have an alcohol or drug related problem and assist them to seek appropriate help. However, The Jade Sun School of Tai Chi & Qi Gong will report to the police all incidents involving the supply or taking of illegal substances on its premises.

DATA PROTECTION

16. The Jade Sun School of Tai Chi & Qi Gong takes its responsibilities under the Data Protection regulations (GDPR) seriously and respects the privacy of its students and staff. The Jade Sun School of Tai Chi & Qi Gong adopts measures as it deems reasonable to ensure that all data is processed in accordance with the regulations. All data is held within the EU and is processed for legitimate purposes. No information is shared with third parties, unless required to do so by law.

ELECTRONIC CONTACT

17. The Jade Sun School of Tai Chi & Qi Gong may contact you by electronic means (e.g. email and text) in connection with your course.



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The information contained in this document, particularly relating to The Jade Sun School of Tai Chi & Qi Gong Policies, Terms and Conditions, courses and fees was correct at the time of going to print but it is subject to alteration. Anyone wishing to confirm any of the information should speak to, write to or email Gary Collins or Neal Traynor.

