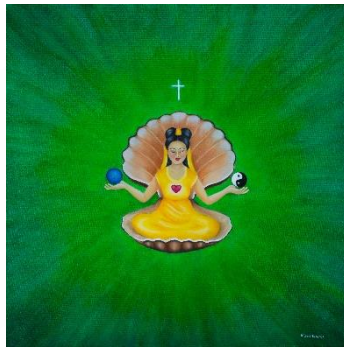


## LEVEL I WHITE CRANE TAOIST YOGA & QI GONG COURSE



This training is a foundation for the unfoldment of 'The Jade Way: The Path of the Compassionate Heart'. It starts the facilitation for the student to accelerate their personal healing and evolution. This is achieved by working from the Level I of the human being's experience of being an embodied being. What is meant by this; you will be taught the way of energy firstly through the grounded security and safety that comes from learning to work consciously and in a structured way with the body's intelligence.

The beauty of this is that we ignite a conscious relationship with Mother Earth (nature) and revive the ancient wisdom of learning how to harmonize, cultivate, regulate, and ground our energetic being.

The consequences for healing are profound but also the foundation for conscious evolution is established giving a great basis for the heart and mind to open to the human being's spirit nature.

All this will be achieved through the specific White Crane Qi Gong Method and Taoist Yoga openings that are described in the syllabus below. (See The Taoist Perspective of the White Crane Qi Gong System below).

Lastly, within the course the group's experiences, according to individual consent, are shared and a gentle exploration of how to research the relationship between personal energetic cultivation and the application of it to relationship dynamics are engaged. This is the bridge to the evolutionary aspect of this practice and sets the seed for more advanced Level 2 work in the future for those who might wish to pursue that.

Help us bring these beautiful arts to humanity and join us if it's your calling. If you have any specific questions, please contact the instructors, Ger Hickey or Laurence Reddin.

*[Please note individual coaching and apprenticeship programs are available to interested parties who cannot attend this course.]*

## THE TAOIST PERSPECTIVE: THE WHITE CRANE SYSTEM

We will explore the Taoist perspective in a way that empowers the individual to move directly into their own inner-heart knowing.

The approach to Qi Gong that you will be taught is called 'The White Crane System of Qi Gong'. This 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 our heart channel. It allows the person to gently learn to consciously feel their own energetic nature and, over time, penetrate into the compassionate 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.

This approach was bequeathed to humanity by the Buddhist Bodhisattva Guan Yin (the incarnation of compassion). This being is dedicated to lifting humanity out of suffering through the science of compassion. She helps us source the unadulterated compassionate essence of our own hearts. The specifics of the tools you will be taught can be seen in the syllabus.

## INTRODUCTION

- Ethos
- The Jade Way: Path of the Compassionate Heart (What the Human Being Really is)
- White Crane Qi Gong

## 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

## 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 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

- Lao Gong Activation 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)

## 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.



## 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

- The White Crane Method

### THE WHITE CRANE METHOD

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.

## 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.

## FUNDAMENTALS OF QI GONG MEDITATION

## PHASE I: ACHIEVING PROFOUND STILLNESS

- Sitting Meditation

Here we apply the qi gong principles of openness and groundedness to the Sitting posture. This connects us with a profound state of stillness and self-awareness.



## DATES

**Training:** There will be a total of 24 training days (2 days a month for 12 months). For those who wish to take the Level I Taoist Yoga & Qi Gong Instructor Certification Examination there will be an additional day (or two if required) for exams at the end of the course.

The initial dates have been set as follows.

**2025:**

March 29<sup>th</sup> & 30<sup>th</sup>

April 26<sup>th</sup> & 27<sup>th</sup>

May 24<sup>th</sup> & 25<sup>th</sup>

June 28<sup>th</sup> & 29<sup>th</sup>

July 26<sup>th</sup> & 27<sup>th</sup>

August 30<sup>th</sup> & 31<sup>st</sup>

September 27<sup>th</sup> & 28<sup>th</sup>

October 25<sup>th</sup> & 26<sup>th</sup>

November 22<sup>nd</sup> & 23<sup>rd</sup>

(No training days in December)

**2026:**

January 24<sup>th</sup> & 25<sup>th</sup>

February 21<sup>st</sup> & 22<sup>nd</sup>

March 21<sup>st</sup> & 22<sup>nd</sup>

Provisional Exam Dates: April 25<sup>th</sup> & 26<sup>th</sup>

## TIMES

Morning Session: 9:30-1:00

Afternoon Session: 2:00-5:30

Breaks will be taken during the day at the discretion of the Instructor.

## COST & PAYMENT PLANS

**A non-refundable deposit of €700 secures a place on the course.**

**Course Cost: €3,600**

**Cost for Registered Instructors: €2,880**

**Cost for Associate Instructors: €3,240**

These fees are to be paid at a minimum rate of €300 per month. If payments are not maintained, or an arrangement is not explicitly made to address overdue fees, the school reserves the right to refuse admission.

**NB:** Please note that by enrolling for this course you are agreeing to pay the full amount whether you complete the course or not. The school cannot sustain provision of courses where students fail to honour their financial commitments.

### **Exam Fee**

For those wishing to take the exam at the end of the course the Taoist Yoga & Qi Gong Level I Instructor Certification Examination Cost is €300



## OTHER DETAILS

### COURSE INSTRUCTORS

This course will be facilitated by Ger Hickey and Laurence Reddin



Ger Hickey - Phone: 086 353 2697



Laurence Reddin – Phone: 085 146 6981

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

### LOCATION

All instruction will be held at:

Lucan Sarsfield's GAA Club, Newcastle Road, Lucan, Co. Dublin.

Website: [www.jadesuntaichi.com](http://www.jadesuntaichi.com)

Email: [info@jadesuntaichi.com](mailto:info@jadesuntaichi.com)

Facebook: [www.facebook.com/jadesunschoolTC](http://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 Neal.

### 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 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** Students should satisfy themselves from reading the available information that the Instructor Training Course meets their requirements before commencing the course.

### 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.

#### DISCIPLINARY CODE

**9.1** 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.

**9.2** The Jade Sun School of Tai Chi & Qi Gong reserves the right to cease to facilitate attendance of any course for any reason which The Jade Sun School of Tai Chi & Qi Gong deems it necessary to do so.

#### 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 Ger Hickey or Laurence Reddin and this will be recorded as the equivalent of attendance for the missed day. Instructors will charge their hourly rates for these sessions.

#### 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 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.

## 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.

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 without notice. Anyone wishing to confirm any of the information should speak to, write to or email Gary or Neal.