



# Training Calendar 2020

## Module 1

### Online Trainings

#### **Intensive: October 2020**

5 consecutive days

Tuesday through Saturday

October 13th - 17th , 2020

#### **Semi-Intensive: November 2020**

Weekend 1: Saturday, Sunday, Monday

Weekend 2: Saturday & Sunday

November 14th, 15th, 16th, 2020

November 21st & 22nd, 2020



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# About the Program

## Module 1: Fundamentals, Five Element Practices + Six Healing Sounds

The entire Module 1 training consists of 60 hours, contact hours comprise of 5 days (36 hours) as follows:

### **COURSE CONTENT:**

- Basics & Fundamentals of Qigong
- Classical & Modern form/approach
- Connection to Traditional Chinese Medicine
- Dimensions of Qi
- Basic Meridian and Five Phase Theory
- Three Treasures & spiritual aspects
- Styles and forms of movement
- Practice framework
- Standing form
- Postures / movements for conditioning and regulation
- Five Element Flow form
- Taoist Five form
- Six Healing Sounds form
- Presence, mindfulness and meditation
- Guidelines and precautions
- Class structure and sequencing
- Teaching practice
- Form mentoring
- Handbook & support materials

### **COURSE CERTIFICATION:**

- 36 contact training hours
- 10 class attendance hours
- 14 personal practice hours
- Training / practice journal to be submitted

*Training days are 9:00am - 5:00pm*



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2019

**SEAL of  
EXCELLENCE**



# Training Fee

## Module 1 Training

**\$981.00**

*50% deposit, balance 14 days prior to commencement.  
Payment plan available, additional 20% administrative fee applies.  
Payments via Credit/Debit Cards incur a 1.8% surcharge.*



# Why Teach Modern Qigong?

## Benefits of teaching Modern Qigong

- Accessible to all ages and levels of fitness
- Students with no prior experience in Qigong can easily join a class / session
- Scalable for different demographics and audiences
- Customise practices to clients / students individual needs
- Can be practiced in a drop-in/casual class structure
- Provides opportunity for creative class programming
- Provides the health benefits of classical Qigong form in a format that aligns with modern lifestyles.



# About Nicole Lee Qigong

I'm an internationally certified in Qigong Teacher, trained in both Modern and Classical styles. I'm also trained in meditation and mindfulness and hold a Bachelors Degree in Complementary Medicine.

I've taught hundreds of Qigong classes, delivered many workshops, teacher training programs and corporate events. I work 1:1 with people to help them with various lifestyle related challenges such as anxiety, sleep disorders, recovery from serious illness and fatigue related dis-ease. I know that Qigong can enhance quality of life and help people to live a life filled with more inspiration, ease and joy.

I opened Chi Space in 2018, a studio dedicated to the teaching and practice of Qigong. My Qigong journey began in 2013 and I have since then completed the following accreditations:

- Qigong Level 1 Certification - Lee Holden (Holden Qigong)
- Qigong Level 2 Certification - Lee Holden (Holden Qigong)
- Qigong Training - Wang Zhi Peng Tai Chi School - China
- Qigong Instructor - Tai Chi Fitness Australia
- Teacher Training Level 1 - Simon Blow Qigong
- Yi Jin Jing - Chinese Health Qigong Association
- Daoyin Yangshen Gong 12 - Chinese Health Qigong Association
- Wellness Coaching Level 1 & 2 - Wellness Coaching Australia
- Mindfulness-based Stillness Meditation - The Gawler Foundation
- Certificate III Fitness - Australian Fitness Academy
- Pellowah Energy Practitioner - Affirm Your Power / Kachina Ma'an
- Bachelor in Complementary Medicine - Endeavour College



I am a professional member of the WTCQ Australia, IICT (International Institute of Complementary Therapists) and Meditation Association of Australia. My services are delivered in alignment with ethical principles and the National Code of Conduct for Health Care Workers. I'm dedicated to purposeful work and ongoing personal and professional development.

We all need more spaciousness, presence and purpose in our lives. Feeling aligned, inspired and joyful on a day to day basis is what I aspire to, I believe Qigong is an amazing tool that can help us to transform our energy and channel our personal power.

**You can apply to join at the website  
or contact me via email**

[nicoleleeqigong.com.au](http://nicoleleeqigong.com.au)  
[chispace.com.au](http://chispace.com.au)

[hello@nicoleleeqigong.com.au](mailto:hello@nicoleleeqigong.com.au)



**Nicole Lee**  
QIGONG



**Nicole Lee**  
QI HEALING