

Biospirals Qigong

In-Depth Training Programme



Grounding, calming and flowing, Biospirals Qigong helps the body to relax and become more centred by emulating one of the most beautiful patterns in nature—the spiral. Through the Biospirals movements we are able to reconnect with our bodies and enhance our natural energy—qi. Biospirals Qigong is a marriage of East and West. Based on ancient principles of movement, and developed through the observation of the natural phenomenon of the spiral, this method of movement is imbued with an understanding of Western science and medicine.

Ideal for personal development or for a teaching qualification

With a focus on both theory as well as the practical Our training programme is designed to develop and deepen your Qigong skills. We offer 6 days of training over 7 months in 2022. Our course is the only one on offer in the UK for anyone who wishes to qualify to teach Biospirals Qigong, as well as being suitable for those who wish to explore and develop their own practice.

The course offers instruction in both the practical and theoretical aspects of Biospirals Qigong, providing a strong foundation for your own practice.

Dates and venues for 2022

2 April –Unitarian Hall, Godalming

7 May, 18 June, and 2 July Village Hall, Forest Green

10 September and 1 October —Unitarian Hall, Godalming

Time: 10.00am — 4.00pm

April-September workshops are taught by Caroline Williams and Debbie Heaney, qualified Biospirals Qigong Instructors. The October workshop will be taught by Gillian Reid— Senior Instructor from the Biospirals Method School, Italy—and will include an assessment opportunity for any students who feel they are ready and would like to teach Biospirals Qigong.

Cost:

Full training programme—£475 (all 6 workshops + training book)

Individual days—£95 per day

Anyone who has previously undertaken the in-depth training programme is eligible for a 50% discount.

Payment plans and concessions are available. Please speak to us to discuss your individual needs.

Contact:

Debbie Heaney—debbie@surreyhillstaichi.co.uk
07810 703 960

Caroline Williams—internitylife@icloud.com
07919 102 332

www.biospiralsqigong.co.uk

Course content

Practical

- Biospirals Meditation practices
- The Preparatory Exercises
- The Biospirals First Sequence
- The Empty Step
- Breathing techniques
- Run Tun of the White Crane
- Sonic Qigong

Theory

- Principles of the spiral
- Background to the Method of Biospirals Qigong
- Introduction to Yin and Yang and the Five Elements
- Introduction to the central axis and the physical and energetic body
- Autonomic nervous system
- Fascial system

Teaching Qualification

This programme covers all aspects of Level One of Biospirals Qigong. Upon completion of all six days of training (30 hours of teaching) and personal practice, and undergoing successful examination you will be provided with a qualification to teach at this Level.

There will be opportunities in the future to continue your studies and development at further Levels.

To retain your teaching certificate, you will need to attend a Masterclass weekend in which this original course syllabus will be revised in depth, (totalling 12 taught hours) annually. We stress the utmost importance of attending a regular Biospirals Method class where possible and regular practice. All graduates are expected to embody the moral behaviour which resonates with the intent of the Method.