



**A FOUNDATION TRAINING YEAR
IN INFINITE TAI CHI AND CHI KUNG**



**Sandie Day MA, BA (Hons.),
Cert. Shiatsu, Cert. Reiki,
Dip. Oriental Medicines,
Teacher/Practitioner of
Infinite Tai Chi and Chi Kung**

E-mail: sandie.day@chi-therapies.co.uk

Tel. 07967890969

www.chi-therapies.co.uk

Sandie Day © 2010

Purpose and Intention of the Foundation Training Year

The purpose of the particular foundation course is to introduce students to Infinite Tai Chi and Chi Kung and the principles of oriental medicine. Whilst this is not a professional training course it nevertheless covers many aspects of oriental medicine, for example the law of the five elements, understanding the principles of yin and yang, the chakra system and acupuncture. It can lead students to follow on to the professional Infinite Tai Chi and Chi Kung training as taught by Master Jason Chan, the founder of Infinite Tai Chi and Chi Kung. The foundation course is designed for those individuals who cannot at present commit to and complete the three year professional training.

What the course does offer is the unique opportunity for insight into how Infinite Tai Chi and Chi Kung can change your life giving you more energy and vitality on a physical level, increased feelings of peace on an emotional level and on a spiritual level assists the ability to understand yourself more fully therefore providing the opportunity to transcend any difficulties in your life and realise your dreams and aspirations. The foundation course offers a great opportunity for personal development and transformation on all levels.

This course is for absolute beginners and those with little experience of Infinite Tai Chi, Chi Kung and Oriental Medicine and throughout the year will provide each student with the opportunity to ask questions, to revisit anything that is not completely understood and to experience the potential that practising Infinite Tai Chi and Chi Kung presents. There is no assessment in a written form but as there are limited numbers working with two very qualified teachers there will be opportunities to assess how you are progressing. Recommendations for the professional teachers training course will be offered at the end of the course.

During the year other teachers may be invited to join us to offer their different insights and expertise and we hope very much that Master Jason Chan will visit to teach on one of the weekends. We offer an exciting and fulfilling year with the chance to come away after a weekend really feeling revitalised and rejuvenated. And it will be fun too!

Foundation Course Outline

Each weekend will consist of different elements and themes as we cultivate an integrated approach to learning. The chakra system will provide a starting point for each of the eight weekends as we learn about and understand the chakras beginning with the base/root chakra on weekend one. Working from differing perspectives we assist the student to cultivate an intuitive approach to learning which can offer the ability to activate self healing. The aim is to encourage and nurture the presence of 'chi' within the body. There is no mystery involved; 'chi' is quite simply the universal energy which surrounds and runs through every living thing whether it is human, animal or plant. It is the life force itself and the intention is to raise awareness of 'chi' so that the body/mind/spirit is stronger.

The teachers will pass on their own experiences and knowledge of Infinite Tai Chi, Chi Kung and Oriental Medicine and will be available throughout the weekends for questions and feedback. As already stated whilst there is no formal assessment or exam the teachers will continually assess throughout the year the progress of each student and provide feedback and advice. Each weekend will consist of meditation, practise of Infinite Tai Chi, Chi Kung and tutorials. We will also experience Chi Walking, Mindfulness and basic Shiatsu and acupuncture techniques.

Commitment to the course will necessitate full attendance wherever possible, daily practise and some reading around each weekends theme. Books will be recommended. It is helpful to keep a learning journal which will be celebrated on our last weekend and more information will be given regarding this at the beginning of the course.

Prior to starting the foundation year it is advisable to build up your energies and strength by getting plenty of sleep, refraining from smoking and drinking and to begin to practise the art of living mindfully. This will be discussed and practised throughout. A vegetarian diet whilst not essential will assist some students. Students must be responsible for their own health and well-being throughout the course.

What is Infinite Tai Chi

By Jason Chan (Founder of Infinite Tai Chi)



Infinite Tai Chi is a unique form of the ancient Chinese holistic art of Tai Chi. Jason was inspired to create Infinite Tai Chi over 20 years ago to meet the specific needs of modern Westerners. Infinite Tai Chi can be taught at many different levels and to people of all ages and all levels of fitness.

Jason Chan has written the following introduction to Infinite Tai Chi :

In Infinite Tai Chi we do not just teach physical movement, we are teaching about Life Itself. You cannot sum up Infinite Tai Chi in just one or two sentences. Infinite Tai Chi can have very different meanings depending on the individuals' levels of personal and spiritual development. For some people, particularly beginners, it is simply a graceful, gentle form of physical exercise that they practise primarily for health reasons. For others, it can become a much disciplined spiritual practice. It all depends on each individual's level of unfoldment and insight, which usually deepens with practice.

Infinite Tai Chi tends to grow on you, and as you practise it, you will also grow on all levels of your existence.

Infinite Tai Chi has been designed to balance your whole physical, emotional and energetic systems. When you are not in balance, you may become ill and sick. But when you bring yourself back into natural balance, or perfect harmony, you will become radiantly healthy.

Infinite Tai Chi is much more than just a healthy form of exercise. Infinite Tai Chi is, at heart, pure nature or consciousness in movement. It is a moving meditation. When you perfect your Infinite Tai Chi form, you are no longer just moving gracefully, you are emanating light through movement. After performing genuine tai chi, you will naturally be a peaceful, radiant presence in the world for a while. If you practise Infinite Tai Chi long enough, you will become aware of an energy field that surrounds everything, including you. Gradually as you keep practising, you will be able to get in touch with this energy field and use it to heal yourself on many different levels. Eventually you will be able to use this universal energy, or Chi, to transform both your physical being and your mental and emotional outlook on life. Your body will become stronger, and your emotions will calm down. Ultimately, when you can perform Tai Chi in perfect harmony, you will begin to return to the wholeness of Life itself.

So to sum up Infinite Tai Chi it is:

“A wholesome discipline for perfect harmony in life, wherein lies all our joy, happiness, health, abundance, compassion and love”. (Jason Chan)

Sandie Day of Chi Therapies has been taught by Master Jason Chan on his teacher training programme and has successfully held classes and workshops for the past three years. She continues to practice on a daily basis and increases her knowledge of these arts at all times. Below is a brief summary of her realisations about Infinite Tai Chi and Chi Kung.

Infinite Tai Chi and Chi Kung

By Sandie Day © 2008

Infinite Tai Chi is a series of mindful, focused, meditative movements. These movements relate to the elements in nature and the rhythms of life. As they are undertaken the body and mind becomes clearer and calmer and everyday stresses and strains begin to disappear. The body can then adapt to allow the universal energy (chi) to flow freely. Thus any blockages within the body will begin to ‘open’ and can assist in the promotion of an increased feeling of well-being and better health. Infinite Tai Chi is a discipline and if practiced on a regular basis the results can lead to a perfect balance between mind, body and spirit.

Chi Kung complements Infinite Tai Chi. Chi Kung involves the observation of the breath. By deepening into the exercises and focusing on the breath the universal energy (chi) is harnessed internally. This promotes a more harmonious mind and body. Both of these ancient arts, Tai Chi and Chi Kung, have evolved over thousands of years. The quality of life of the individual undertaking these practices can be increased three-fold and may lead to lives being transformed. In essence ‘Infinite’ Tai Chi and Chi Kung strengthens, empowers and harmonises bringing focus and balance to life. The rewards are many for as well as cultivating a peaceful body and mind ‘Infinite’ Tai Chi and Chi Kung encourages a connection with nature and compassion for all living things.

“By focusing on the breath and the chi the body is able to balance and harmonise, creating beauty and grace” (Sandie Day)

The Benefits of Infinite Tai Chi and Chi Kung

By Sandie Day © 2008

Calms the mind and body therefore it can have the benefit of stabilising the heart rate which can be accelerated by stress.

Can improve circulation allowing for more flexibility throughout the body to develop, thus encouraging the individual to live life in a more harmonious way.

Assists in the aligning of the spine creating greater balance and control. Therefore, it can improve posture and alleviate aches and pains. The body can be strengthened.

The energy (chi) work of Chi Kung helps to 'open' the meridians (the channels or pathways) which run through the body connecting with the different organs and tissues. This may help the blood to 'flow' more freely which can strengthen the life force of the individual.

'Infinite' Tai Chi and Chi Kung can assist in the promotion of healing to take place enhancing a sense of well-being. It reduces stress and assists in the balancing of the emotional, mental, physical and spiritual forces within the body.

Embracing Infinite Tai Chi and Chi Kung is a valuable supportive discipline



Sandie Day

I have for many years been interested in and studied different complementary therapies and differing approaches to health and well-being. My approach to healing is based on an integrative model as my understanding has led me to believe that dis-ease in the mind and body is a combination of many different factors. Likewise the way in which we can heal ourselves can also be acquired by integrating a variety of methods. To achieve this we can introduce into our life-styles wholesome disciplines such as 'Infinite' Tai chi and Chi Kung.

I have incorporated complimentary therapies into my lifestyle for the past thirty years. I began studying Shiatsu in 1991 followed by Reiki healing. My interest in Tai Chi and Chi Kung also stems from this time. The commitment to a way of life which encompassed these ideals led me to embark on an anthropology degree at Durham University. I acquired a BA (Hons) closely followed by an MA. The study of anthropology deepened my interests and presented me with the opportunity of studying different cultures and their attitudes and approaches to health. However, my main aspirations to a well-balanced life have been met by my commitment to undertaking the teachings of Master Jason Chan's 'Infinite' Tai Chi and Chi Kung and Meditation. The Teacher Training Course with Master Jason Chan runs over three years and requires a commitment to daily practice. Master Jason Chan has encouraged me to follow my inspirations and aspirations to become an 'Infinite' Tai Chi and Chi Kung teacher and with this in mind has recommended that I teach. I wished to consolidate all my expertise in these areas so in 2007 I formed Chi Therapies. This primarily came about as a result of wanting to make Infinite Tai Chi accessible to more and more people. I now hold weekly classes, regular workshops, attend training days as a guest tutor and offer stress management to individuals and groups. I have now been inspired to start this foundation course, 2010-2011. For anyone on the course who wishes for individual consultations these may be available during the course weekends. Alternatively appointments can be made.

Terms and Conditions of the Foundation Course

Agreement to be signed (page 12) and returned prior to starting the course

The emphasis throughout the course is on mindfulness and with this in mind it is a requirement that each student is responsible for their own health and well-being and is aware of their own limitations when doing any of the exercises.

Whilst the exercise and practice is be a form of gentle movement there will be times when some effort is required. Therefore it is important to listen to your body at all times. Please advise the teachers if you have any medical conditions, recent operations, illnesses or disabilities which may impair your movements or breathing. Please also inform if you are pregnant or have recently given birth. If you experience any discomfort whatsoever please inform the teacher and take time out to sit awhile at any time. Our energy levels may vary on different days and there is no advantage is pushing ourselves. We will aim to reach our full potential naturally and with ease. There is absolutely no element of competitiveness in the course; please do not compare yourself with others and work at your own pace. Likewise respect the comfort, safety and well-being of all the other students and the teachers.

This course does not allow qualifications for any student to teach others. If you wish after the course to teach, applications can be made to join Jason Chan's professional teacher training programme.

Students should dress suitably for the course with attention to personal hygiene and cleanliness and refrain from smoking and drinking alcohol whilst the course is in progress. Please bring along yoga mat or non-slip mat, writing materials for notes and a warm blanket or similar for meditation.

Should any problems arise with regards to the course content please make it known to one of the teachers.

Cost of Course and commitment of Teachers to Students

The total cost is £960 which includes all teaching for 8 weekends from 10 am – 5 pm. We request that students bring a vegetarian lunch to share. Teas will be provided. Payment can be made in full two months prior to the start of the course for which there is a 5% discount. Alternatively a non-returnable deposit of £120 secures your place on the course payable two months prior to the start of the course. The balance is to be paid in full within one month's start of the course. However, in certain circumstances providing the deposit is paid we will be able to make arrangement for the balance to be paid in agreed instalments.

Although an unlikely event, the teachers reserve the right to change the venue and dates of the weekends. Teachers will ensure that the teaching takes place in a conducive, clean and healthy environment. Teachers will ensure that they dress appropriately and professionally at all times.

The teachers promise to support the students in their learning process within the realms of the course outline and to honour and respect their commitment. Individual assessments and suggestions may be offered to assist students' development. The progress and well-being of the student is at the forefront of the course at all times. Confidentiality of the student will be upheld at all times.

If for any reason teachers are unable to fulfil their obligations in terms of being present for teaching they promise to refund any monies paid. Teachers promise to have personal and professional liability insurance.

Teachers promise to pass on their own knowledge and level of teaching and in no circumstances teach students anything that they are not competent to teach. Likewise teachers will improve and work upon their own development for teaching so as to bring the best possible teaching to students. This is achieved by daily practice and by attending relevant workshops.

And Finally!

This foundation course has been prepared by Chi Therapies with love and light. I have listened to feedback and comments throughout my classes and workshops and have gained an understanding of the requirements of students. I also endeavour to cultivate a 'beginners mind' at all times so that I can continue to develop and feel the necessary compassion and understanding that is needed when learning anything new and possibly unfamiliar. The practice of mindfulness is important for both student and teacher.

I will continue to advance my knowledge by attending training days and retreats with Jason Chan and other teachers to be able to offer students a high standard of teaching.

The foundation year has been planned carefully with beginner students in mind although those who have received some teaching of Infinite Tai Chi and Chi Kung will also benefit by deepening into their practice. The main emphasis is on teaching the basics of these arts within the time scale outlined and we, as teachers, will endeavour to achieve this. However, it is advisable for each student to practice in between weekends and wherever possible to join an existing group of Infinite Tai Chi and/or attend one of Jason Chan's workshops which are held in various destinations. We will inform of any suitable workshops or retreats for beginners throughout the year. Our commitment is to facilitate all the above and to assist the learning process.

So do please join us for weekends of learning how to heal your life, gain knowledge of a new art form, achieve periods of quiet contemplation, and get to know yourself and also to have fun and meet others on a similar journey.





Enrolment Form

Name.....

Address.....

.....

.....

Telephone.....

E-mail.....

Whist Infinite Tai Chi and Chi Kung and any of the other exercises we will teach are gentle exercises there will be times when more effort is required. It is important to listen to your body at all times; should you feel any discomfort please stop and rest and consult on of the teachers. Please advise me if you have any medical conditions or disabilities which may impair your movements or breathing. Please also inform me if you are pregnant or have recently given birth.

The teachers reserve the right to change the venue or dates if it is unavoidable However, every effort will be ensured to see that this is an unlikely event. Teachers also reserve the right to ask any student to leave the course if deemed appropriate.

I wish to participate in the 2011 Foundation Training year. I accept that participation is at my own risk and I also promise to respect the comfort, safety and well-being of others on the course.

£160 non-refundable deposit is required on booking a place on the course. (cheques payable to Sandie Day)

Signed.....Date.....

List of Weekend Dates for 2011

26th/27th March

16th/17th April

14th/15th May

18th/19th June

9th/10th July

10th/11th September

8th/9th October

5th/6th November

Adequate notice will be given in the unlikely event that dates have to be changed

All classes will run from 10 am – 5 pm with available time for lunches and breaks

Venue: Fryup Village Hall,

Fryup, Near Danby,

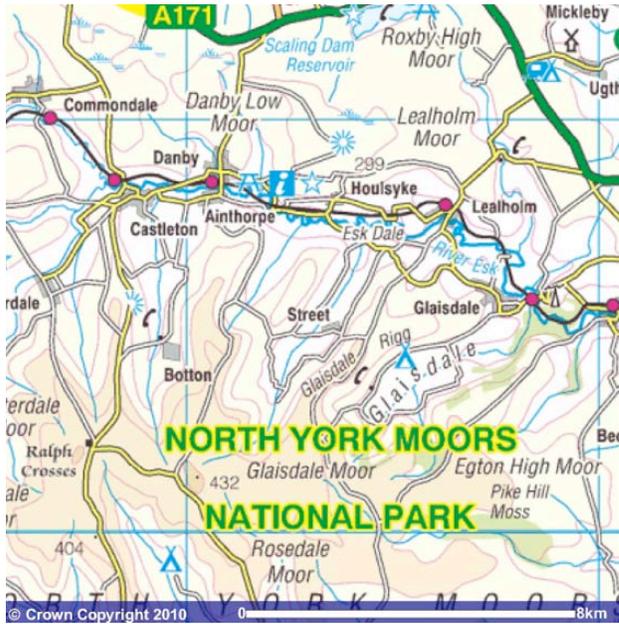
Whitby,

North Yorkshire YO21 2AP

For directions please see map. Fryup Dale, near Danby is accessible by road and rail (limited service); any problems please contact Chi Therapies 07967890969 or e-mail sandie.day@chi-therapies.co.uk



By kind permission of Peter Mernagh Photography



Map © Ordnance Survey 2010



Sandie started Chi Therapies two years ago as a result of wanting to introduce more people to Infinite Tai Chi and Chi Kung. She now holds weekly classes, regular workshops, does guest tutoring and training days, offers stress management for individuals and groups and has been inspired to set up this foundation year with the permission of Master Jason Chan.

For anyone on the foundation course who wishes for individual consultations please consult Sandie for an appointment. These may be available during the weekend.

Chi Therapies contact information:

Telephone 07967890969 (always leave a message, we will get back to you)

E-mail sandie.day@chi-therapies.co.uk

www.chi-therapies.co.uk

**“Breathing in, I know I am breathing in
Breathing out, I know as the in-breath grows deep, the out-breath grows slow.
Breathing in makes me calm, breathing out brings me ease.
With the in-breath I smile, with the out breath I release.
Breathing in, there is only the present moment,
Breathing out, it is a wonderful moment.”**

Thich Nhat Hanh, *Present Moment, Wonderful Moment, Mindfulness Verses for Daily Living*, (third edition), 2007.