



---

## Living Aligned Qigong Teacher Training

### Final Assignment

Develop and write out a multi-class 4-8 week series and how you might structure the growth and progression of learning over the weeks. This could be a form that you teach, a themed class, a class that incorporates meditation or other healing work you do. Just needs to include Qigong!

**Due Date: May 30, 2025**

Class Description	What is the course about? A description of your class designed for beginners – what is qigong (chee-gong) and why they might like to take the class, what benefits they might get through the course. What other modalities or skills, interest might you weave in?
Audience	Who is this class for? It is helpful to define this and it can be broad, but try to consider who might benefit most, be most interested.
Resources, research and links	Pick 1-3 resources that capture general or specific qigong research, information or content that could be useful for class participants. These ideally provide background, depth and understanding as to what you are teaching and why.
Logistics	What will the format be? Will this class be online, in person? How long will it be, what days of the week, time of day, season etc. How many classes?
Class by class outline	Notes as to what you will present content wise and how you will build the series. What will you speak about, teach, share? What movements will lead? Meditations? How will you teach the movements and encourage learning? Discussions, breakout groups to practice, homework, breaking movements down, Q&A, etc. This will take the bulk of your time to develop this piece, consider it carefully for the time you have allotted for each class.

# LIVING ALIGNED

---

Considerations	What will the considerations be to adjust to different physical abilities, energy, age, education levels, race, ethnicity, capacity or other things?
Fee Structure	Will you charge money? How much will you charge? By Donation? Sliding Scale?
Numbers	What is your minimum number of students? Maximum? Ideal number?
Waiver	Will you have a waiver form? If so, please write up your own. Examples to be provided.
Marketing	How will you advertise this course - mention it on group sites, email lists, person to person, other methods – how to let people know it's happening!
Reflections	What are you most looking forward to about sharing these practices? What challenges, doubts, questions remain?