

# **Zen Wellness Chi Fit™ Instructors Training Course Outline**

This course is a 16-hour program. Upon completion the candidate will possess the ability to lead basic Qigong group lessons.

## **Chi Fit Instructor Course of Study**

### **Curriculum Comprehensive - 5 hours**

The candidate must complete and document 5 hours of Zen Wellness Medical Qigong training. Upon completing the required hours the candidate's log - book must be verified and signed by a certified Zen Wellness Instructor. Verification may take the form of attending a class at Zen Wellness Qigong center or home study with a physical review by a certified Zen Wellness Instructor.

### **The Mechanics of Mind and Body 101 - 6 hours**

The Candidate must complete 6 hours of classroom study taught by a certified Zen Wellness Instructor. The candidate may also complete the home study reading assignment (The Zen Wellness Chi Fit book). Upon completing the required hours the candidates must successfully complete a written exam. The log - book must be verified and signed by a certified Zen Wellness Instructor.

### **The Science of Teaching - 5 hours**

The Instructor candidate must attend 5 hours of classroom study taught by a certified Zen Wellness Instructor. The instructor candidate must demonstrate the ability to teach the program. After completing the required hours the candidate's log - book must be verified and signed by a certified Zen Wellness Instructor.

Note: All home study programs may be reviewed via video recording and written exam. Exams and videos must be sent to :