



Training

TAO & QIGONG THE ART OF LIVING

The Art of Living is an accessible training, offering Qigong & Tao practices with a mystical approach supported by western techniques (for stress relief, self-care and re-connection).

*Doing **examination** will enable you to make even deeper progress and integrate insights and practices on a day-to-day basis. It will help you to experience a profound transformation with **confidence, healing** and **life improvement** which may open many doors, insights and your new potential.*

Our training consists of **5 modules**; from module 5 on it is open for examination:

1. *The Essence of Life*
2. *Experience inner Peace*
3. *Reversal of the aging process (online)*

Bonus weekend workshop: *High Energy Qigong* online

4. *Developing trust and faith* - 2-5 Sept. 2021
5. *Enter the flow of life* - 13-16 Jan. 2022 - **open for examination**
6. *Beyond Life and Death* 7-10 April 2022 - **open for examination**
7. To be confirmed - **open for examination**

Becoming a Qigong teacher or for personal development

Preparing for the examination is a journey to becoming a better you, stronger, younger, transparent, at the same time more connected to your True Nature,... and the road towards it is priceless.

The examination has two goals as a chance for participants to either **become a Qigong teacher** OR **for personal development** and deepening your own practice.

Examination: for whom?

In this training you will learn all the tools and receive insights to have a lighter, transparent body.

The training and practices are in this way developed that they are open for anyone, regardless age, physical condition, people looking for healing, a next step in their lives etc...

Therefore, our aim of the examination is to witness a deep transformation in your physical, emotional and energetic level.

Physical conditions should never be a limitation to do the examination. Depending on your own physical condition, you don't have to do the movements perfectly.

More important is showing that you have understanding of the principles and you show a remarkable change and understanding compared to when you started the training.

Contact us

If you would like to do the examination, it is important to inform Carsten or Dewi directly. You will be guided at the beginning. You can contact them during your preparations or talk to them during the modules if you have any questions.

carsten-dohnke@tao-hamburg.com & dewi.dewaele@gmail.com

You can do your examination during module 5, or like many participants also during the following modules 6 or 7.

You can communicate your planning with Carsten.

Levels

There are 4 levels for the examination: **Level 1 fundamentals, Level 1, Level 2 and Level 3**

First time examination? Then you can choose either "Level 1 fundamentals" or "Level 1".

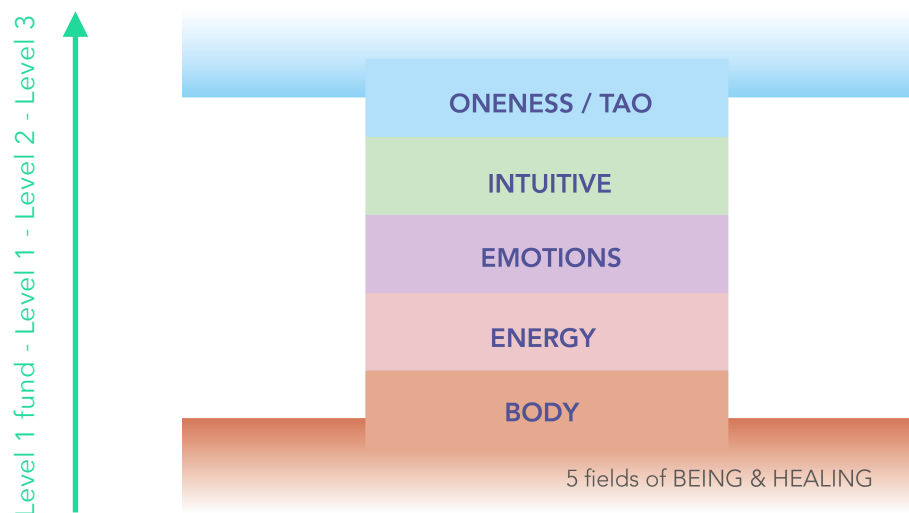
- In **Level 1 fundamentals** you will learn the basics of Qigong, and it allows you to assist/teach a circle of friends.
- In **Level 1** you dive in more intensively, **the curriculum is more extensive**. Passing the examination allows you to start your own Qigong classes as a **Qigong instructor**.
- **Level 2** brings you to a **more profound level as a Qigong instructor**. (After you've successfully finished Level 1). Your experiences will be deepened, embodiment is profoundly established, the knowing field becomes wider for you. You practice Tao communication. You broaden your emotional, intuitive skills, related to yourself and to your students.
- In **Level 3** you become a **spiritual Qigong teacher**: the wisdom traditions and different levels of meditations are clear to you and integrated, you endeavor a regular profound embodied meditation practice. You see your teachings as a bridge to the world, exploring the questions: What is truth? What does the world need?

5 fields of Being & Healing

In each level you will walk through the "5 fields of Being & healing".

As a start with *Level 1 fundamentals* and *Level 1* we have focus on the **body** and **energetic** level. With body awareness, healing and raising your energetic level you will be able to enter your **emotional, intuitive** field more easily. And the more transparency in your body, the more **Life/Tao** can shine in.

Throughout all the Levels, your experiences throughout the "5 fields of being & healing" will grow.



Many participants who did not want to become a qigong teacher, but did the examination as personal development, experienced a quantum leap in their transformation, becoming more stable, more clear, letting go of old patterns.

Many were happy with the fact that they could dive in and deepen their understanding by reading more, examining more, wanting to know more, a bit like at university.

Some of them who did not plan to teach, were even motivated to teach later on, after being inspired and having a boost from the growing process and the examination.

The examination topics

The examination consists of a **practical** and **theoretical** part.

Practical examination topics:

- **Warm-up.** After 30 years of experience in teaching Qigong, Carsten developed **a set of movements that in fact bring together all main Qigong principles: they are all comprised in the warm-up.** It is a perfect set for self-examination, an invitation to explore the richness concerning your own rooting, creating inner space, opening the body to a bigger field,...
- **Water Qigong** is considered the main Qigong form in this training, therefore part of the examination.
- **The movements from inner Kungfu** are an essential part of the training, opening up to a new youthful spirit and vividness.
- **Mantra practice** offers a gateway to Mystics.

Theoretical examination questions:

- Carsten will send you **a list of 15 questions** which you can work on at home. You can mail him back the answers **2 weeks BEFORE you do your practical examination (at the latest, preferably earlier)**. carsten-dohnke@tao-hamburg.com

In case you aspire to teach qigong, this paper has previously shown to serve as a useful guideline in classes or a hand-out for students.

Practice groups

- Between the modules there is a possibility to form practice groups with fellow participants, on your own initiative. (also participants who are not doing the examination can join).
- If you would like assistance and corrections (with Dewi), we also ask for your own initiative to form groups and contact Dewi directly for available dates.
Individual assistance or groups between 1 and 5 persons: € 95/session 1,5h.
(also open for participants who are not doing the examination)
In these practice groups you will get the chance to repeat and show your movements, correct fellow students and learn from each other, ask questions, practice mantra together,...

How to prepare for your examination

Practicing and repeating can be done in your own rhythm.

It is recommended to plan your examination in this way that you - for example - focus on 1 or 2 practices during 2-3 weeks incl. keeping a journal with your development.

Don't do too many practices at the same time. Try to get the flavor of every practice during a certain period of time.

E.g. during 3 weeks warm-up every day + examining yourself according to the qigong principles: how is my rooting? how is my lower back? Do I feel more contact to my body?
Etc...

E.g. Water Qigong for 3 weeks where you examine becoming more fluid, more silent in your mind, movements from the centre, melting with the universe...

E.g. Mantra practice for 3 weeks, 4-5 times per week 1 hour. What happens to my body? To my day-to-day life, family, ...?

Only in these longer time frames will you see some changes happening.

Warm-up should be a common thread (rode draad - Rote Faden) throughout your journey.

LEVEL 1 fundamentals

This examination consists of a **practical** and a **theoretical** part.

A. Practical examination

*You have implemented - to a certain degree - the **Qigong principles** (that are all included in the warm-up) such as*

- A. Rooting*
- B. relaxing the lower back*
- C. movement from your centre*
- D. Kidneys are warm and full*
- E. your body has more inner space (organs, joints, fascia, shaking...)*
- F. straight posture*
- G. Transparent, lighter and also stronger body*

1) Practice at home means

- that you regularly practice **warm-up** - follow the video, or practice together with friends or Dewi:
 - turtle, tree standing, correcting your posture, lower back, releasing the heart, condensing qi in the belly, different types of breathing.
- You practice the whole **water qigong** form regularly in order to make your body more fluid and transparent, release tensions from the spine and pelvis. **With the quality of letting go.**

2) Performance in class: During the practical examination in class you show

- Water Qigong, and from warm-up: The Turtle + Shaolin movements

LEVEL 1 fundamentals - continuation

B. Theoretical examination "Level 1 fundamentals"

- you will receive 1-2 questions from Carsten which are related to the lectures in class.
 - This way, you can deepen your understanding by diving into these questions, finding information in the recordings, the protocols and the scripts you received.
 - Additional research and personal experience/feedback is very welcome!
- You can mail Carsten back the answers 2 weeks BEFORE you do your practical examination (preferably earlier)

LEVEL 1

This examination consists of A. a **practical** and B. a **theoretical** part.

A. Practical examination

*You have implemented - to a certain degree - the **Qigong principles** (that are all included in the warm-up) such as*

- 1. Rooting*
- 2. relaxing the lower back*
- 3. movement from your centre*
- 4. Kidneys are warm and full*
- 5. your body has more inner space (organs, joints, fascia, shaking...)*
- 6. straight posture*
- 7. Transparent, lighter and also stronger body*

Specifically this means

1) Practice at home

- that you regularly practice **warm-up** - follow the video, or practice together with friends or Dewi:
 - turtle, tree standing, correcting your posture, lower back, releasing the heart, condensing qi in the belly, different types of breathing.
- You practice the whole **water qigong** form regularly in order to make your body more fluid and transparent, release tensions from the spine and pelvis. **With the quality of letting go.**
- You practice the **inner kungfu movements**, making your body more dynamic, alive and youthful. **With the quality of lightness.**

LEVEL 1 - continuation

2) Performance in class: During the practical examination in class you show the above principles by performing to the group the following practices:

8. Warm-up: turtle, shaolin movements
9. Water Qigong
10. Movements of inner kungfu

3) Mantra practice:

1. You practice 1 mantra (of your choice or in consultation with Carsten) during a longer time, so your voice and heart melt with the mantra, the mantra becomes your friend.
2. You also do **1 mantra retreat at home - 2 possibilities:**
 - A. chanting the mantra during 1 week: 3 hours/day **OR**
 - B. a 12 hour-session.

Please always talk to Carsten first before you start. His coaching and recommendations are required.

3. During the practical examination **in class** you chant your Mantra for the group.

B. Theoretical examination

you will receive **a list of 15 questions** from Carsten which are all related to the lectures in class.

- This way, you can deepen your understanding by diving into these questions, finding information in the recordings, the protocols and the scripts you received.
- Additional research and personal experience/feedback is very welcome!

LEVEL 2

This examination is for participants who already did a whole training plus examination LEVEL 1 with Carsten before.

The examination content has **more focus on personal transformation** and is always in consultation with Carsten.

In examination Level 2, these are the possible requirements:

- write a paper about 1 topic (in consultation with Carsten),
- show stronger embodiment: deeper contact to your body and organs, this shows in your movements and Qigong forms
- focus on practicing "Tao Communication"
- focus on personal transformation (belief systems, old patterns,...)

Please contact Carsten for your personal trajectory.

LEVEL 3

In this level, you will

- do a longer silent-retreat and Kan & Li retreat with Carsten.
- have more focus on the wisdom traditions and deepening your meditation techniques

Your development and transformation will be followed by Carsten.

We wish you GOOD LUCK on your journey,

Carsten & Dewi