



THE FOUNDATIONS OF QIGONG SELF-MASTERY PROGRAM

SELF MASTERY LEVEL 1 - INNER ALCHEMY
SELF MASTERY LEVEL 2 - SELF MASTERY



WELCOME

Welcome to Australia's Premier Qigong training program - The Foundations of Qigong.

Our Foundations of Qigong program constitutes two levels:

- 6 Month 150+ hour - Level 1 - Inner Alchemy Program.
- 12 Month 350+ hour Level 1 and 2 - Self Mastery Program.

Our programs utilise a comprehensive and unique coaching format designed specifically to help beginner and intermediate students master the full scope of Qigong practice and ancient internal movement principles.

Our unique Qi Practice system builds students foundational understanding of classical Qigong training layer by layer to ensure students learn and understand correct classical structure and internal movement principles and can apply Traditional Chinese medical theory and Taoist Philosophy to their own personal holistic home-base wellness practice or as a certified world class Qigong Instructor in their business, classes or professional events.

Join us on this extraordinary Qi Journey toward personal self mastery and unlock the full potential of Qigong in your life.

thanks for your interest in our Qi Practice Qigong Self Mastery Program.

We hope you're in good health.

Nicholas Blewett

Founder and Master Instructor - Qi Practice



LEVEL 1 - INNER ALCHEMY

Our Level 1 - Inner Alchemy Program is a comprehensive six-month coaching program that focuses on building a strong foundation in Qigong, Chinese longevity medicine, Taoist philosophy and modern self mastery and mindset.

With a total duration of 150+ hours, this program offers extensive guidance to help you grasp the breadth and depth of Qigong practice. Through our unique blended coaching format, we provide comprehensive support to ensure you learn the correct classical structure and internal movement principles, as well as develop the ability to apply Traditional Chinese medical theory and Taoist Philosophy to your practice and/or classes.

The Level 1 program is specifically designed for beginners, offering an introduction to all the foundational theories and practical skills of Qigong, Taoist philosophy, and Chinese medicine such as Jing, Qi, Shen Cycle and the Qi Transformation system.

Level 1 aims to equip you with all the necessary knowledge and skills to start your Qi journey and develop your own powerful home-based holistic wellness Qigong practice for personal health and self mastery.

By enrolling in our Level 1 program, you will have the opportunity to undertake our certification process to become world class certified 150 hour Qi Practice instructor with successful completion of Level 1 preparing health coaches, holistic and wellness practitioners, yogis, personal trainers, breath workers, energy workers, and anyone interested in sharing basic foundational qigong skills, to integrate these practices into their business, classes, or events.

Our level 1 seamlessly leads to Level 2 training, providing a continuous path for skill development and personal and professional self mastery.



LEVEL 2 - SELF MASTERY

Our Level 1 and 2 - Self Mastery Program is a comprehensive 12-month, 350-hour extension of our Level 1 program. It's designed for dedicated individuals looking to advance their Qigong expertise and allows students to deepen your understanding and mastery of Qigong, exploring the intricacies of Qigong practice and delve deeper into Traditional Chinese medical theory and Taoist Philosophy.

Building upon Level 1, you'll also learn about classical Chinese medicine Zung Fu Organ functions and disharmonies and 5 Element constitutional theory to help you tailor Qigong practices to individual needs. You will also be focusing on topics including medical Qigong, Qigong pain management, energy healing techniques, large group and partnered Qigong sets, and advanced creative class programming to help you emphasise harmonious Qi flow among participants, enhancing the overall experience and benefits of Qigong.

The program focuses on Qigong pain management, equipping you with techniques to help alleviate physical discomfort and promote healing through Qi cultivation. Energy healing techniques rooted in Qigong principles will enable you to channel and direct Qi for healing purposes.

Moreover, advanced creative class programming will be explored, providing you with tools to design and lead innovative Qigong classes. This encourages creativity and adaptability in different settings and audiences, fostering a diverse teaching approach.

Completing our Level 1 and 2 - Self Mastery Program not only enhances your Qigong mastery but also empowers you as a certified Qigong instructor. On completion you will be competent and confident in incorporating medical Qigong into your advanced creative class programming using personalised approaches based on classical Chinese medicine, constitution and Zung Fu and 5 Element theory. You will also be able to include Qigong pain management techniques and energy healing methods into your teachings to help transform your students lives.



STUDY OPTIONS

Discover Your Path to Qigong Self-Mastery

The Foundations of Qigong Self Mastery Program Level 1 and 2 offers two options for students to participate: a fully online program with access to live online mastermind events or a blended program combining live in-person training events with our online study options.

This unique program is built upon our effective coaching system and Qi Practice Self-Mastery Pathway, enabling individuals from anywhere in the world to embark on their Qigong journey.

PROGRAM COMPONENTS

Qi Practice Self-Mastery Pathway

Our Qi Practice Coaching Pathway is carefully crafted to guide students on a progressive journey towards self-mastery through Qigong and Chinese medicine longevity science.

Our unique pathway empowers individuals to access and engage with all the program's practical and theoretical components and helps students tailor resources to their specific needs and goals.

Through our pathway, students can effectively layer their learning, ensuring a comprehensive understanding and practical application of Qigong and Chinese medicine to create a powerful qigong practice and become world class qigong instructors.



STUDY OPTIONS

In-Person events

As a participant in our program, you'll have an incredible opportunity to attend our Live In-Person training events. This exclusive offer grants you one-time access to any in-person training event within your program. And the best part? This access remains open for the duration of your enrolment.

Between Level 1 and Level 2, you can look forward to five immersive 5-day Intensive Training Events each year, totalling an impressive 25 days or 200 in-person training hours.

However, we also understand that not everyone can physically attend our live events due to logistical constraints. Don't worry, we've got you covered.

Our program ensures that even if you can't be there in person, you won't miss out on the invaluable theory lessons. These sessions will be live-streamed and recorded, allowing you to join the event in real-time or watch the recordings at your convenience. No matter where you are, you can still benefit from the wisdom and expertise shared during our in-person events.

But that's not all. As an online student, you will gain an additional advantage—the Online Mastermind Calls. These live sessions give you direct access to Nicholas, our expert instructor. You can ask questions, seek corrections for your qigong movements, and receive immediate feedback. It's like having a personal mentor guiding you on your path to self-mastery.

Don't let logistical limitations hold you back. Whether you attend our captivating live events or engage in our dynamic online resources, you'll have the tools and support you need to thrive in your Qigong journey. Join us and take the first step toward a truly transformative experience.

Online Mastermind Calls

While all students gain access to our live mastermind calls, our live online mastermind calls allow 100% online students direct access to Nicholas live. In mastermind events, students can ask questions and clarify qigong movements and theoretical information and receive instant direct answers and feedback.

Our mastermind sessions are run two weeks after our live in-person training events to give students time to review the recorded content and are run over two consecutive days for 1.5-2 hours per session to maximise student's ability to hone their existing knowledge.

Live Mastermind calls also benefit blended students by allowing them to reinforce what they have learnt at live events and in online classes.

Weekly Online Classes

Avoid the monotony of a static online course. Join our three live weekly Qigong classes as an online student and become an active participant in the learning process. Ask questions, interact with fellow students, and foster a supportive community of like-minded individuals.

STUDY OPTIONS

Online Learning Library

All students gain access to our KAJABI online learning portal and App. The online learning library is a comprehensive online program that covers all the material in the program in a step by step format. This offers 100% online students and those students attending blended programs the opportunity to work and attend online lessons with Nicholas, anywhere and at any time.

Online Library App

Set yourself up for success and never miss a lesson! Learn on the go and never forget a qigong movement with our professional KAJABI App that you can use at home or while training in a park or commuting to work. Access our entire library - lessons, classes, and masterminds.

Facebook Mastermind Group

Online students also gain access to an official Facebook mastermind group where they join a supportive community of students engaged in the process of self-mastery and personal evolution. It is through this group that students can gain access to Nicholas's ongoing support and mentoring by asking questions and seeking advice or form corrections.

What Others Say

Previous online students have found this format indispensable on their self-mastery journey, appreciating the depth and inclusiveness of the online learning experience. Don't miss this opportunity to embark on a transformative path with The Foundations of Qigong Self Mastery program.

Enrol today and unlock your true potential.

SIAN'S TESTIMONIAL:
[HTTPS://YOUTU.BE/PNPBUPAP7XE](https://youtu.be/PNPBUPAP7XE)
CASEY'S TESTIMONIAL:
[HTTPS://YOUTU.BE/4KSPIAIOCTG](https://youtu.be/4KSPIAIOCTG)
ANDY'S TESTIMONIAL:
[HTTPS://YOUTU.BE/N_WA41SKRY8](https://youtu.be/N_WA41SKRY8)
GROUP TESTIMONIAL:
[HTTPS://YOUTU.BE/1YG-FYUOYVA](https://youtu.be/1YG-FYUOYVA)
[HTTPS://YOUTU.BE/ACABW7MY4XM](https://youtu.be/ACABW7MY4XM)
LEIGHS TESTIMONIAL:
[HTTPS://YOUTU.BE/0ZP8EMEXP6S](https://youtu.be/0ZP8EMEXP6S)
MORE TESTIMONIALS AND QI FIT VIDEOS
CAN BE FOUND HERE:
[QI FIT YOUTUBE CHANNEL](#)

LEVEL 1 - INNER ALCHEMY

5 MONTH 150+ HOUR LEVEL 1 QIGONG CERTIFICATION:

ONLINE AND/OR IN-PERSON OPTIONS

6 MONTHS, 150+ HOURS

20 HOURS OF PRE-COURSE EDUCATION & PREPARATION

96 HOURS OF IN-PERSON TRAINING (12 DAYS TOTAL)

6+ HOURS OF ONLINE THEORY AND EDUCATIONAL LESSONS

45 HOURS OF LIVE ONLINE ZOOM SKILL DEVELOPMENT

PLUS...

✓ 25 HOURS PRACTICAL LOGBOOK HOURS

150+ TOTAL HOURS

PLUS...

✓ QIGONG FORM MENTORING FROM NICHOLAS

✓ ACCESS TO A PRIVATE LEVEL 1 FB MASTERMIND GROUP

✓ EXTRA TIPS, HINTS, AND TRAINING DRILLS

✓ AND SO MUCH MORE!

LEVEL 1 & 2 SELF MASTERY PROGRAM

10 MONTH 350+ HOUR LEVEL 2 QIGONG SELF MASTERY

ONLINE OR IN-PERSON OPTIONS

12 MONTHS, 350+ HOURS

20 HOURS OF PRE-COURSE EDUCATION AND THEORY

200 HOURS OF IN-PERSON TRAINING - 25 DAYS TOTAL

20+ HOURS OF ONLINE THEORY AND EDUCATIONAL LESSONS

100 HOURS OF LIVE ONLINE ZOOM SKILL DEVELOPMENT

PLUS...

✓ 50 HOURS PRACTICAL LOGBOOK HOURS

✓ 5 HOURS PRACTICE CLASS FACILITATION

350+ TOTAL HOURS

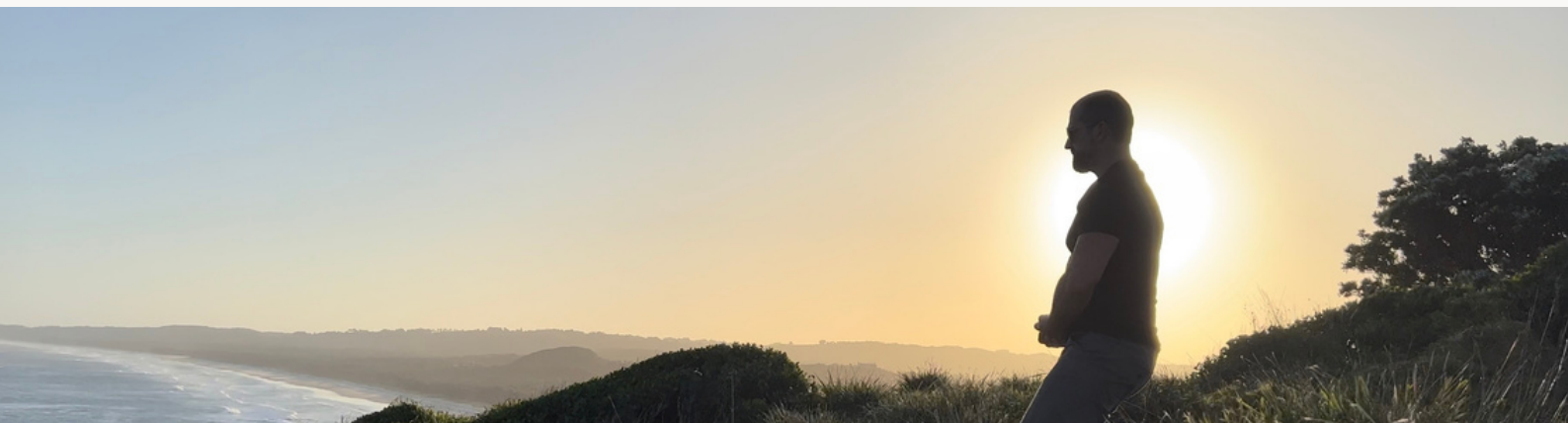
PLUS...

✓ QIGONG FORM MENTORING FROM NICHOLAS

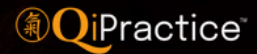
✓ ACCESS TO A PRIVATE LEVEL 1 & 2 FB MASTERMIND GROUP

✓ EXTRA TIPS, HINTS, AND TRAINING DRILLS

✓ AND SO MUCH MORE!



LEVEL 1 PROGRAM



QI FIT'S THE FOUNDATIONS OF QIGONG CERTIFICATE PROGRAM 2023

LEVEL 1 – PERSONAL WELLNESS CERTIFICATE PROGRAM THE COMPLETE TRAINING PACKAGE:

6 Month/150+ Hour Qigong Certificate Program, including:

2 Hour Live Online Introduction and Group Meeting (course start/introduction)

4 Weeks Pre-Course Online Learning (14+ Hours)

- Week 1 - 5 Day Pre-Course Mastermind Challenge consisting of 1 hour p/day for 1 week.
- Week 2, 3,4 - 3x lessons p/week pre-recorded video content (2hour p/wk).

Qi Fit Internal Movement Program:

- Level 1

12 Days of In-Person Workshops (96 In-Person Training Hours)

- 2x 5 Day In-Person Qigong Immersions
- 1x 2-Day In-Person Qigong Immersions

6 Months of Weekly Live Zoom Lessons

- 1x 1hr Qigong Class + Condensed Edit
- 1x 45min Zhan Zhuang Meditation Class + Condensed Edit
- 2x 25min Qi Fit Movement Class + Condensed Edit

25 Personal Training Logbook and Journal Hours

Unlimited access to Facebook Student Mentoring*

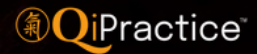
Unlimited access to Instruction Videos on ALL Training Methods and Practices*

Each Qigong Method has 3 Videos:

- Structure and Movement – Full Teaching Mode
- Form Energetics – Complete Internal Energetics Explained
- Qigong Practice – Integrated Structure and Movement with Energetics in a Qigong Flow

*Unlimited for the duration of enrolled program

LEVEL 1 PROGRAM



Unlimited access to complete KAJABI Qi Practice Level 1 & 2 Online Program

- Instruction Videos on ALL Chinese medicine and Qigong Theory
- Instruction Videos on ALL Training Methods and Practices
- Access to all Class Records and Replays

Video Explanations on How to Apply Chinese Medicine Theories to Increase Health
Tips, Hints and Extra Training Drills on Qigong and Tai Chi

Access to Private Facebook Qigong Mastermind Group, including:

- Online mentoring - ask me questions and get written text or video replies!
- Build friendships, motivate, and support each other and grow together as a group!
- Weekly hints, tips, and training motivation!
- Access all the video lessons and class
- Discussion and research content!
- Access Extra Content and Extra Training, Drills and Methods!

75-page Course Theory Handbook – Upgraded!

125-page Practical Training Manual PDF - New!

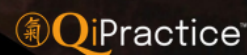
Accredited by the International Institute of Complementary Therapists Association.

30+ Qigong Methods and Qi Fit Flow Drills to Weave Creative Classes and Training content.

Qi Fit Level 1 Certification Package and Class Templates



LEVEL 2 PROGRAM



QI FIT'S THE FOUNDATIONS OF QIGONG CERTIFICATE PROGRAM 2023 LEVEL 1 & 2 QIGONG TEACHER TRAINING QUALIFICATION THE COMPLETE TRAINING PACKAGE:

12 Month/350+ Hour Qigong Teacher Training Program, including:

2 Hour Live Online Introduction and Group Meeting (course start/introduction)

4 Weeks Pre-Course Online Learning (15+ Hours)

- 3x lessons per/week, consisting of 3-4 hours of video content each week, including:
- 1x Theory Class
- 1x Practical Class
- 1x Qigong Class

Qi Fit Internal Movement Program:

- Level's 1 & 2

22 Days of In-Person Workshops (196 In-Person Training Hours)

- 4x 5 Day In-Person Qigong Immersions
- 1x 3-Day In-Personal Qigong Immersion
- 1x 2-Day In-Person Qigong Immersions

100 Hours of Live Weekly Zoom Lessons

50 Personal Training Logbook Hours

Unlimited access to Facebook Student Mentoring

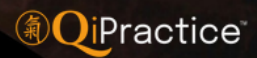
Unlimited access to complete KAJABI Qi Practice Level 1 & 2 Online Program

- Instruction Videos on ALL Chinese medicine and Qigong Theory
- Instruction Videos on ALL Training Methods and Practices
- Access to all Class Records and Replays

Each Qigong Method as 3 Videos:

- Structure and Movement – Full Teaching Mode
- Form Energetics – Complete Internal Energetics Explained
- Qigong Practice – Integrated Structure and Movement with Energetics in a Qigong Flow

LEVEL 2 PROGRAM



Video Explanations on How to Apply Chinese Medicine Theories to Increase Health
Tips, Hints and Extra Training Drills on Qigong and Tai Chi

Access to Private Facebook Qigong Mastermind Group, including:

- Online mentoring - ask me questions and get written text or video replies!
- Build friendships, motivate, and support each other and grow together as a group!
- Weekly hints, tips, and training motivation!
- Access all the video lessons and class
- Discussion and research content!

Access Extra Content and Extra Training, Drills and Methods!

150 Page Course Theory Handbook – Upgraded!

250 Page Practical Training Manual PDF – New!

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30+ Qigong Methods and Qi Fit Flow Drills to Weave Creative Classes and Training content.

Qi Fit Level 1 & 2 Certification Package and Class Templates



LEVEL 1 WORKSHOPS

ONBOARDING GROUP CALL

Welcome to the program! Our onboarding group call marks the official beginning of your journey. During this call, Nicholas will provide a comprehensive introduction to the program. He will cover the content, objectives, training expectations, assessments, and certification requirements. You will also gain a clear understanding of what the 4-week pre-course education pack entails. This call is designed to ensure that you have all the information you need to extract the most of the program and proceed with confidence.

In the second part of the call, Nicholas will conduct a workshop where he delves into the introductory lessons and explores the fascinating world of Qigong. You'll learn about its foundational components, its historical significance, and how Qigong forms an integral part of Traditional Chinese medicine.

Once you've completed the onboarding call, you'll gain access to valuable resources such as the 4 Week Pre-Course Education pack, KAJABI online video content, and PDF manuals.

4 WEEK PRE-COURSE EDUCATION

The 4 Week Pre-Course Education program is made up of 2 parts.

Week 1 kicks off with a dynamic Live 5 Day Online Mastermind Workshop Series. This intensive series dives deep into the fundamentals of the Qi Fit Movement Program, which serves as the cornerstone of Level 1 training. Delivered through convenient 1-hour morning training sessions, you have the flexibility to attend them live or access replays at your convenience.

In weeks 2, 3, and 4, you'll delve into a curated selection of short, pre-recorded self-paced learning videos. These videos will introduce you to key learning concepts that lay the groundwork for the upcoming Live 7-Day In-Person Workshop.

Throughout the 4-week pre-course education period, all live content is recorded, allowing you to watch and engage with the material at your own pace. This ensures you have the flexibility to tailor your learning experience to suit your schedule and preferences.

Once this 4 Week Pre-Course Education period has concluded and your basic skills developed you will gain access to the Live Online Weekly Classes.

IN-PERSON WORKSHOP 1 - 5 DAY INTENSIVE

Embark on an incredible journey of self-discovery and transformation with In-Person Workshops 1, an immersive 5-day intensive series designed to introduce the foundational elements of Level 1 training. This workshop not only provides a comprehensive understanding of Qigong but also empowers you to develop a high-quality and deeply powerful practice right from the start.

Over the course of these 5 jam-packed days, totalling 40 hours, you will dive into practical training and gain valuable insights into Chinese medicine. Our expert instructors will guide you through a carefully crafted curriculum that ensures you learn Qigong correctly, fostering a solid foundation for your Qi Practice.

By the end of this transformative workshop, you will possess an astonishingly powerful set of Qigong training tools and methods. These invaluable resources will empower you to embark on a journey of enhanced well-being, cultivating a Qi Practice that is both solid and transformative. Get ready to unlock your full potential and embark on a path of profound self-discovery and vitality.

ONLINE MASTERMIND - 2 DAY LIVE ZOOM CALL

Experience our immersive 2-day Online Mastermind Bootcamps, combining knowledge and practical application. Dive into 1.5 hours of daily education, reinforcing your learning from In-Person Workshop 2. These bootcamps are exclusively available to our 100% Online students, offering live theory classes worldwide.

*Our Masterminds prioritize value over time, ensuring comprehensive coverage of essential content.

IN-PERSON WORKSHOP 2 - 5 DAY INTENSIVE

Immerse yourself in In Person Workshop 2, a 5-day intensive series designed to enhance your understanding of Internal movement and Chinese medical longevity science. Delve deeper into the structure and movement principles, gaining confidence to apply foundational principles of Qigong and Chinese medicine to your Qi Practice.

By the end of this workshop, you will have cultivated a profound and comprehensive personal practice. Equipped with a diverse array of forms, training methods, and tools, you will impress and inspire others with the depth of knowledge and skills you have acquired. Stand out among your friends, colleagues, students, and clients as a practitioner who embodies true expertise in Qigong and Chinese medicine.

ONLINE WORKSHOP 5 – 2 DAY LIVE ZOOM CALL

Similar to the previous Online Mastermind Bootcamp, this 2-day online workshop provides practical and theoretical education to support the learnings from In-Person Workshop 2. It offers Level 2 students the chance to participate in live theory classes and receive form corrections, irrespective of their geographical location.

*Our Masterminds prioritize value over time, ensuring comprehensive coverage of essential content.

IN-PERSON WORKSHOP 3 – 5 DAY INTENSIVE

In-Person Workshop 3, the culmination of Level 1. This dynamic 2-day Revision Workshop will take your Qigong practice to the next level, introducing additional hints, tips, and bonus movements to enhance your existing repertoire. Prepare to unlock advanced flows and seamless transitions, expanding your Qigong skills and mastery.

By the end of this workshop, you will have cultivated an impressive range of abilities, boasting over 50 Qigong sets and training drills. Deepen your understanding of Chinese medicine and Qigong philosophy, equipping yourself with a profound knowledge base to fuel your powerful home-based Qigong practice. Moreover, you will gain the confidence to share your newfound expertise with your own students, whether in classes, workshops, or retreats.

Completing Level 1 of the Qi Practice program empowers you to apply any Qigong sets or training methods you encounter from other teachers or schools. Rest assured that you possess the structural, practical, and theoretical understanding to discern correct techniques and seamlessly incorporate them into your practice.

For those embarking on Level 2, this transformative 2-day workshop seamlessly transitions into the enriching 3-day Level 2 workshop, ensuring your continued growth and evolution on your Qigong journey.

15 WEEKS LIVE ONLINE ZOOM CLASSES AND TRAINING CONTENT

Level 1 includes weekly online live Zoom classes and online training content.

In these online classes you will be learning, refining all your qigong exercises, and developing your ability to deliver these methods in a class setting. Here you will continue to develop your Qigong training and knowledge on a weekly basis and receive 12 month access to all Level Online Lessons to hone and refine your Level 1 Qigong forms and training methods.

4 WEEK STUDENT CERTIFICATION PERIOD

Our 4 Week Student Certification Period is designed to begin pushing students out of their comfort zones and getting them to begin teaching classes and sharing their skills with other students in Level 1. Throughout this period there will be online classes, feedback, assignments, individual and group challenges to really help you gain the most from your time in the teacher training program to polish your Qigong Instructor skills and step up to becoming a world class Qigong Instructor!

Those people who do not wish to gain the Qi Practice Instructor Certification do not need to participate in this section program - but you can if they so choose too!

LEVEL 2 WORKSHOPS

IN-PERSON WORKSHOP 4 - 3 DAY INTENSIVE

Prepare for an immersive and transformative experience in our 3-Day Level 2 Workshop. From the very beginning, you will dive deep into the world of medical Qigong, delving into the intricacies of the 12 Zung Fu Organ Qigong sets. This workshop is designed to empower you with a profound understanding of both the philosophical and practical aspects of Qigong, enabling you to harness the true power of Qi cultivation.

During these three days, you will not only learn the intricate movements of the Zung Fu Organ Qigong sets, but also explore the underlying principles that make them so potent and transformative. This workshop goes beyond the surface level, providing you with a comprehensive understanding of how to embody these principles and infuse your Qigong movements with true power.

By the end of the Level 2 Workshop, you will have gained invaluable knowledge and skills that will elevate your Qigong practice to new heights. You will possess a deep understanding of medical Qigong, the 12 Zung Fu Organ sets, and the philosophical foundations that underpin them. Prepare to embark on a journey of profound transformation and unlock the full potential of your Qi cultivation practice.

ONLINE WORKSHOP 7 - 2 DAY LIVE ZOOM CALL

Similar to the previous Online Mastermind Bootcamp, this 2-day online workshop provides practical and theoretical education to support the learnings from In-Person Workshop 2. It offers Level 2 students the chance to participate in live theory classes and receive form corrections, irrespective of their geographical location.

*Our Masterminds prioritize value over time, ensuring comprehensive coverage of essential content.

IN-PERSON WORKSHOP 5 - 5 DAY INTENSIVE

In this 5 Day In-Person Workshop you will be amazed as we delve into the profound realm of medical and energetic healing through authentic medical Qigong. Get ready to explore the depths of this ancient practice and unlock its transformative potential.

During this workshop, we will not only equip you with powerful healing techniques but also introduce you to the art of facilitating multiple person Qigong methods. You will discover how to create connections and collaborations within groups, whether in classes, workshops, retreats, or events. These skills will enable you to leave a lasting impression on your clients and students, captivating them with incredible medical energy healing Qigong methods and captivating group Qigong sets.

By the end of this workshop, you will possess an arsenal of awe-inspiring healing methods and group Qigong sets that will set you apart. Prepare to astound and inspire as you share your newfound knowledge and skills in various settings, leaving larger groups yearning for more. Get ready to make a lasting impact and transform lives with the power of medical Qigong and group connection.

ONLINE WORKSHOP 9 - 2 DAY LIVE ZOOM CALL

Similar to the previous Online Mastermind Bootcamp, this 2-day online workshop provides practical and theoretical education to support the learnings from In-Person Workshop 2. It offers Level 2 students the chance to participate in live theory classes and receive form corrections, irrespective of their geographical location.

*Our Masterminds prioritize value over time, ensuring comprehensive coverage of essential content.

IN-PERSON WORKSHOP 6 - 5 DAY INTENSIVE

In this 5 Day In-Person Workshop get ready to take your qigong journey to the next level in our dynamic 5-Day In-Person Workshop. This immersive experience will challenge and empower you through active qigong classes and engaging group workshop/retreat simulations. You'll have the opportunity to master the art of creating personalised and impactful qigong practices, as well as designing captivating group classes and workshops that incorporate all the skills acquired in Level 1 and Level 2.

Even if you're not aiming to become a certified Qi Practice Instructor, this workshop will equip you with invaluable knowledge and techniques to enhance your personal qigong practice. You'll gain the tools to create a fulfilling and transformative qigong routine tailored to your needs.

By the end of this workshop, you will emerge as a fully qualified Qigong Instructor, armed with an impressive repertoire of over 80 world-class qigong exercises and healing skills. You'll also possess a wealth of Chinese medicine knowledge and Taoist wisdom at your fingertips. This extensive toolkit will enable you to create exceptional classes, workshops, and retreats that leave a lasting impact on your participants.

Embrace the opportunity to share the incredible art of medical embodiment through qigong. As a qualified instructor, you'll be equipped to reach out to others, helping them discover the transformative power of qigong. Your journey towards becoming a qigong expert and healer starts here!

ONLINE WORKSHOP 11 - 2 DAY LIVE ZOOM CALL

Similar to the previous Online Mastermind Bootcamp, this 2-day online workshop provides practical and theoretical education to support the learnings from In-Person Workshop 2. It offers Level 2 students the chance to participate in live theory classes and receive form corrections, irrespective of their geographical location.

*Our Masterminds prioritize value over time, ensuring comprehensive coverage of essential content.

20 WEEKS LIVE ONLINE ZOOM CLASSES AND TRAINING CONTENT

Level 2 includes weekly Online Live Zoom classes and online training content as well as ongoing access to Level 1 Classes to offer our Level 2 student the opportunity to develop exceptional personal and Certified Instructor Qigong skills.

During our online classes you will be learning, refining all your personal qigong practice and developing your ability to deliver these methods in a class setting. Here you will continue to develop your Qigong training and knowledge on a weekly basis and receive 18 months access to all Level 1 and Level 2 classes to help you hone and refine all your Qigong forms and training methods.

6 WEEK STUDENT CERTIFICATION PERIOD

Our 6 Week Student Certification Period is designed to begin pushing students out of their comfort zones and getting them to begin teaching classes and sharing their skills with other students in Level 2. Throughout this period there will be online classes, feedback, assignments, individual and group challenges to really help you gain the most from your time in the teacher training program to polish your Qigong Instructor skills and step up to becoming a world class Qigong Instructor!

Those people who do not wish to gain the Qi Practice Instructor Certification do not need to participate in this section program – but you can if they so choose too!



THE FOUNDATIONS OF QIGONG LEVEL 1 - TRAINING SYLLABUS.

	THEORY CONTENT	PRACTICAL CONTENT
SECTION 1	<p>COURSE INTRODUCTION AND HOUSEKEEPING: In this section Nicholas will cover all the aspects of the Level 1 program that you need to know before starting so that you can get the most from this online training program.</p>	4 WEEK PRE-COURSE EDUCATION PERIOD.
SECTION 2	<p>INTRODUCTION TO QIGONG/YOU ARE NOW LEARNING KUNG FU: Discover the fundamental concepts behind Qigong practice and how this exercise is interwoven into Taoist philosophy and Chinese medicine theory. You will learn the main functions and principles of Qigong and how Qigong Internal movement meditation can help you create robust wellness.</p>	PERSONAL REFLECTION AND JOURNALING.
SECTION 3	<p>THE THREE REGULATIONS: The three regulations are the foundations systems that Qigong works to regulate to bring the body and mind back into alignment and integration. In this section you will begin your Qigong training and lay the foundations for a successful lifelong practice.</p>	THE THREE REGULATIONS
SECTION 4	<p>NEIGONG VS WAIGONG - FINDING STILLNESS 1: The Microcosmic orbit is the basis of all Qigong practice whose aim it is to begin facilitating the flow of Yin and Yang energy around the body and find inner stillness and cultivate our Qi. In this section you will be utilising what you have learned in the previous section to dive deeper into Qigong practice and how subtle physical movements facilitate our internal energetics.</p>	THE MICROCOSMIC ORBIT.
SECTION 5	<p>NEIGONG VS WAIGONG - FINDING STILLNESS 2: Zhan Zhuang is the foundational practice of all standing and moving Qigong training methods. In this section, Nicholas is going to take you through extremely thorough theory and practice classes to dive deep into this important and integral practice leaving no stone unturned. This is an extremely important and extensive section and is full of practical Qigong knowledge and wisdom as well as practical classes for you to follow along with.</p>	ZHAN ZHUANG - THREE CIRCLE QIGONG.
SECTION 6	<p>MOVEMENT MEDICINE - QI FIT MOVEMENT DRILLS: Strap yourself in! Movement Medicine is a huge and exciting section whereby you are introduced to a massive stack of training tools that gets the body moving, aligned, building function strength, and correcting poor movement and structural habits. In this section you will be introduced to the Qi Fit Movement Program© which are a set of movement drills to begin teaching to the "way of moving" in advanced Qigong; and the 12 Qi Development Tools which emphasise basic Qi cultivation patterns and act as great methods to learn and apply specific Qigong skills, principles, and philosophies.</p>	QI FIT MOVEMENT PROGRAM LEVEL 1.
SECTION 7	<p>POSTURAL IRREGULARITIES, CAUTIONS AND CONTRAINDICATIONS: You are about to become a master of posture and gain the keys to begin fixing pain, limited range of movement and external and internal health conditions! In this section you will be working through Qigong posture and key structure rules to further in your ability to correct and develop your own Qigong posture and ensure you are not exacerbating existing injuries or structural irregularities or creating future problem.</p>	BASIC QIGONG SETS 1

	THEORY CONTENT	PRACTICAL CONTENT
SECTION 8	<p>EMBODIED PHILOSOPHY AND SOMATIC PRINCIPLES: Qigong is an embodied philosophy and as such there are many principles and practices to somatically overlay and infuse into the movements and eventually directly into the physiology of your mind and body. In this section, you will be applying the foundational principles and philosophies into the various Qigong movements and sets you have learned throughout the program as well as learning a few extra drills and training method that really help you emphasise and focus in on specifics elements of Qigong movement and training.</p>	EMBODIED PHILOSOPHY AND SOMATIC PRINCIPLES
SECTION 9	<p>THE PHILOSOPHY OF LONGEVITY IN CHINESE MEDICINE 1 - JING, QI, SHEN: The next four sections are all based in learning the foundations of Chinese medical theory and how it relates to the practice of Qigong. In this section you are learning about the basic concepts of Chinese medical theory, Three Dantian, Jing, Qi, Shen system and how it relates to the process of Qi cultivation, health and longevity and personal and spiritual development. Practically, you will also be learning about how to correct your own, and other peoples, Qigong postures to ensure there are no postural irregularities which can lead to injuries.</p>	POSTURAL IRREGULARITIES, CAUTIONS AND CONTRAINDICATIONS
SECTION 10	<p>THE PHILOSOPHY OF LONGEVITY IN CHINESE MEDICINE 2 - THE QI TRANSFORMATION SYSTEM: Understanding what health is an important aspect of learning about human energetics and holistic medicine. Without it, how can we truly know what health is? Therefore, in this section you will discover the Qi Transformation system and dive deep into the vital substances and discover how the body and its energetic system work to create health and vitality.</p>	BA DUAN JIN - THE 8 BROCADE OF SILK 1.
SECTION 11	<p>THE PHILOSOPHY OF LONGEVITY IN CHINESE MEDICINE 3 - CHINESE MEDICAL PATHOGENESIS: To further our investigation into holistic health and longevity in Chinese medicine, this section teaches you about the process of disease formation in classical Chinese medicine with an emphasis on how we can use this knowledge to avoid disease and increase our wellness and longevity. You will also be diving into the fundamental theory of health and disease called the Five Element Theory which is a theory the ancient Chinese use to explain health from the perspective of the transformations of nature.</p>	BA DUAN JIN - THE 8 BROCADE OF SILK 2.
SECTION 12	<p>NAVIGATING YOUR PERSON QI JOURNEY: In this section we will be looking at how we create our own personal home-based qigong practice and learning how to progress our training and training intensity using all the qigong methods we have learned in Level 1.</p>	BASIC QIGONG SETS 2
SECTION 13	<p>REVISION: In Section 13 we will be revising all the different Qigong sets and training methods we have learnt in Level 1 to ensure you have a powerfully transformative Qi Practice you can take and use to create robust health and wellness of mind, body, and spirit.</p>	REVISION

THE FOUNDATIONS OF QIGONG LEVEL 2 - TRAINING SYLLABUS.

	THEORY CONTENT	PRACTICAL CONTENT
SECTION 14	<p>COURSE INTRODUCTION AND HOUSEKEEPING: In this sections Nicholas will cover all the aspects of the Level 1 program that you need to know before starting so that you can get the most from this online training program.</p>	REVISION LEVEL 1.
SECTION 15	<p>MOVEMENT MEDICINE - INTERNAL MOVEMENT: Section 15 moves you deeper into Level 2 of the Qi Fit movement program and helps you advance your practical understanding of internal movement and how to apply specific structural, postural, and movement principles in Qigong and Qigong forms.</p>	QI FIT MOVEMENT PROGRAM LEVEL 2.
SECTION 16	<p>EMBODIED PHILOSOPHY – THE PRINCIPLES OF QIGONG: In Section 16 you will dive deeper into the practical principles and elements of Qigong practice focusing upon the philosophical principles and qualities of movement that one applies during their qigong training. You will also be given the key concepts of what to expect during Qigong practice which is important to help your own training or for guiding students through their training progression.</p>	PRACTICES AND DRILLS TO EMPHASIZE THE CLASSICAL PRINCIPLES OF QIGONG.
SECTION 17	<p>THE 5 ELEMENTS & ZUNG FU QIGONG: In Section 17 you will be learning the fundamental classical Chinese medicine theories of the Five Elements and the first Six of the 12 Zung Fu Organs. Understanding these theories will build depth into your Level 1 Chinese medicine basics and give you a deeper understand of the healing and medical applications of the forms and Qigong principles from a Chinese medical framework.</p>	1-6 OF THE 12 ZUNG FU QIGONG METHODS.
SECTION 18	<p>THE 5 ELEMENTS & ZUNG FU QIGONG: In Section 18 you will be deepening what you have already learned in section 12 about the Five Elements theory and the second 6 of the 12 Zung Fu Organs. Understanding these theories will build depth into your Level 1 Chinese medicine basics and give you a deeper understand of the healing and medical applications of the forms and Qigong principles from a Chinese medical framework.</p>	7-12 OF THE 12 ZUNG FU QIGONG METHODS.
SECTION 19	<p>HEALTH AND WELLNESS CONSIDERATIONS: Section 19 is divided into two parts. Part 1 dives further into classical postural considerations using the Three Regulations and to help you understand and provide a range of practical considerations for different demographics. Part two continues this topic by discussing training and exercise considerations for common health issue, and specific training requirements for populations with special needs. By the end of this section, you will feel a lot more safe and confident designing programs for individuals, planning classes and understand the dos and don'ts of working with different demographics of people and giving Qigong and general exercise prescription.</p>	ASSIGNMENT BASED - AND REVISION.

THE FOUNDATIONS OF QIGONG LEVEL 2 - TRAINING SYLLABUS.

	THEORY CONTENT	PRACTICAL CONTENT
SECTION 20	<p>PAIN MANAGEMENT: Pain management has been specifically added to help you work with people who have chronic pain or chronic fatigue syndromes. By the end of this section, you will be able to feel more comfortable navigating being able to offer chronic pain and fatigue patients Qigong exercises and programs to help them work with and manage their pain.</p>	<p>DAO YIN AND QIGONG EXERCISES TO HIGHLIGHT HEALING CFS, ADRENAL FATIGUE ETC.</p>
SECTION 21	<p>WEI QI LIAO FA - MEDICAL QIGONG HEALING: At its pinnacle, Qigong has always been an energetic healing art. So, in Section 21 you will be launching to an exciting and rewarding aspect of Qigong - Medical Qigong. In this section you will be learning 9 amazing Qigong healing methods and how you can integrate energy healing into your creative class programming and events to wow your students and clients by not only having participants heal each other, but also teaching students amazing skills they can use on their friends and loved ones. Adding these skills into classes help to build community, connection, trust, and healing.</p>	<p>EXTENSIVE BASICS OF QIGONG HEALING - 9 BEAUTIFUL HEALING METHODS.</p>
SECTION 22	<p>QIGONG GROUP COLLABORATIONS: One of the best ways to develop Qi is through working with other people in partnered or group Qigong sets, and no bodies Qigong classes or events are complete without learning group Qigong methods and skills. Therefore, in section 18 you will be given a whole heap of practical group training methods you can use in your classes or events that will complete wow you students or event participants. The skills you learn in this section will help you being an element of community, connection, collaboration, and group healing.</p>	<p>TWO PERSON AND GROUP TRAINING METHODS.</p>
SECTION 23	<p>CLASS STRUCTURE AND CREATIVE CLASS PROGRAMMING: In section 23 you will be learning how to begin applying all your amazing new practical, theoretical, and philosophical Qigong skills into amazing, fun, interactive and engaging creative class formats for private students' tuition, qigong classes, mixed exercise classes, events, retreats etc. By the end of this section, you will have developed all the knowledge and skills you need to design your own Qigong classes or mixed holistic exercises classes involving qigong competently and confidently for individuals or groups trainings.</p>	<p>CLASSES, DEMONSTRATIONS, HINTS, TIPS, AND CLASS VARIATIONS.</p>
SECTION 24	<p>THE GONG OF QIGONG - CLASS CRAFT: This online section is 6 weeks of online classes which involves revision, assignments, class programs, training challenges and other aspects to help you test and refine your skills in way that will prepare you for the real word. Of course, if you are not applying for the teacher training qualification, this will not apply to you...unless you chose to join in in the fun!!</p>	<p>REVISION, CLASS PROGRAMMING, ASSIGNMENTS, AND CHALLENGES.</p>
SECTION 25	<p>REVISION: In this 3-day workshop you will revising everything you have learned in Level 1 and 2 to refine and complete your skill development.</p>	<p>ASSIGNMENT BASED - AND REVISION.</p>
SECTION 26	<p>FINAL ASSESSMENT: In this section students will prepare their final assessment and complete logbooks and journal entries for submission.</p>	<p>FINAL ASSESSMENT.</p>

LEVEL 1 - WHAT'S INCLUDED

- Learn the Fundamentals Theories of Qigong
- How to Apply the Classical Principles of Qigong
- Understand & apply the 3 Regulations - Body, Breath, Mind
- Philosophy of Longevity in Chinese Medicine
- Understand the Qi Transformation System
- Learn the Foundational Structure & Movement of Qigong
- Understand Postural Irregularities & Cautions/Contraindications
- Learn Level 1 of the Qi Fit Internal Movement Program™
- PLUS...GET OVER 45+ QIGONG METHODS INCLUDING:
- Learn Standing, Lying, Seated Qigong Postures
- Learn Natural and Reverse Qigong Breathing Methods
- Learn Inner Smile and Qigong Sounds
- Learn the Microcosmic Orbit
- Get 12x Qi Development and Cultivation Methods & Tools
- Get 2x Yin/Yang cultivation and balancing Qigong Methods
- Get 2x Acupuncture Point & Meridian Balancing Methods
- Get the Meridian Slapping Qigong Methods
- Get the 8 Brocade Qigong Methods
- Learn advance Zhan Zhang/3 Circle Standing Qigong (Power Qigong)
- Learn 12 Balancing Postures of Zhan Zhuang
- Yi Jin Jing - Marrow Washing Methods

PLUS...

- 150 hr Qigong Instructor Certification Recognised by IICT Practitioner Insurance
- 12 Day In-Person Intensive Training Workshops
- 2x Online Mastermind Events
- Access to Nicholas Personally via Private FB Mastermind Group
- 3x Weekly Live Virtual Qigong Classes and Edited Recordings
- Weekly Training Accountability Check-Ins.
- Qigong Form mentoring and Development
- 1x Theory Course Text - 90+ pages
- 1x Practical Training Manual - 250+ pages
- 1x Logbook and Wellness Journal
- Online Support materials
- CPD Certified Activity
- And so much more...

01

LEVEL 2 - WHAT'S INCLUDED

- Classical Chinese Medicine Human Constitutional Characteristics
- Foundational Traditional Chinese Medical Zung Fu Organ Theory
- Foundational 5 Elements Theory
- Pain Management with Qigong Theory and Practice Health and Wellness Considerations
- Guidelines, Special Populations and Qigong Precautions
- Running Groups, Events and Specific Qigong Group Practices
- Class Structure, Exercise Sequencing, using Practical Learning Tools
- Teaching Practices and Creative Class Programming
- Learn Level 2 - Functional Internal Movement of the Qi Fit Internal Movement Program™
- PLUS...GET OVER 30+ QIGONG METHODS, HEALING AND TRAINING TOOLS INCLUDING:
- Get Marrow Washing Qigong Methods
- Get the Tendon Washing Qigong Methods
- 12 Zung Fu Balancing Qigong forms
- 20 Fundamental Movement Principles of Qigong and Training Methods
- Learn 8 Qigong Energy Healing/Medical Qigong Techniques
- Pain Management and Dao Yin Training Exercises
- 6 Amazing Group Training Tools for Classes, Workshops and Events
- 20 Practical Class Formats and Structures to begin your own Classes
- PLUS...
- 350 hr Qigong Instructor Certification Recognised by IICT Practitioner Insurance
- 25 Day In-Person Intensive Training Workshops
- 5x Online Mastermind Events
- 18 month Access to Nicholas Personally Via Private FB Mastermind Group
- 4x Weekly Live Virtual Qigong Classes and Edited Recordings
- Weekly Training Accountability Check-Ins.
- Qigong Form Mentoring & Development
- 1x Theory Course Text - 150 pages
- 1x Practical Training Manual - 250 pages
- 1x Teacher Training Creative Programming Manual
- Online Support materials
- CPD Certified Activity
- And so much more...

02

Level 1 The Foundations of Qigong Inner Alchemy Program - Qi Fit Qigong Instructor 150 Hour Certified 12 month Qi Fit Qigong Instructor Teacher Training Program.

- ✓ Qi Fit Qigong Training and Certification Pathway
- ✓ 12x Days Intensive In-Person Practical and Theory Training Workshops
- ✓ 12 months Access Level 1 and Level 2 Live Online Group Classes and Recordings
- ✓ 12 months Access to Level 1 Qi Practice Online Video Program and Library
- ✓ 12 Months Access to 2x Live Virtue Theory and Coaching Q&A Masterminds
- ✓ 12 Months Access to Level 1 & 2 Facebook Mastermind Group
- ✓ 3x Level 1 Manuals for Practice, Theory, and Personally Tracking Progress and Performance.

Plus for those doing Qi Fit Certification...

- ✓ Level 1 Qi Fit Certification Videos and Training Package
- ✓ Recognised by IICT - International Institute of Complementary Therapies


Program Investment

\$4499 - Payment Plan

OR

\$3999.00 - Paid In Full



 QiPractice™



Level 1 & 2 The Foundations of Qigong Self Mastery Program 350 Hour Certified 12 month Qi Fit Qigong Instructor Teacher Training Program

- ✓ Qi Fit Qigong Training and Certification Pathway
- ✓ 5x 5 Day Intensive In-Person Practical and Theory Training Workshops
- ✓ 18 months Access Level 1 & 2 Live Online Group Classes and Recordings
- ✓ 18 months Access to Qi Practice Online Video Program and Library
- ✓ 18 Months Access to 4x Live Virtue Theory and Coaching - Q&A Masterminds
- ✓ 18 Months Access to Level 1 & 2 Facebook Mastermind Groups
- ✓ 3x Level 1 & 2 Manuals for Practice, Theory, and Personally Tracking Progress and Performance.

Plus for those doing Qi Fit Certification:

- ✓ Level 2 Qi Fit Certification Videos and Training Package!
- ✓ Recognised by IICT - International Institute of Complementary Therapies

Program Investment

\$7500 Payment Plan

OR

\$7,000.00 Paid In Full

Plus Receive Bonus Program

- 6 Week Qi Transformation Mindset and Performance Challenge



 QiPractice™



CHECK OUT OUR CLIENT TESTIMONIALS

SIAN'S TESTIMONIAL:

[HTTPS://YOUTU.BE/PNPBUPAP7XE](https://youtu.be/PNPBUPAP7XE)

CASEY'S TESTIMONIAL:

[HTTPS://YOUTU.BE/4KSPIAIOCTG](https://youtu.be/4KSPIAIOCTG)

ANDY'S TESTIMONIAL:

[HTTPS://YOUTU.BE/N_WA41SKRY8](https://youtu.be/N_WA41SKRY8)

GROUP TESTIMONIAL:

[HTTPS://YOUTU.BE/1YG-FYU0YVA](https://youtu.be/1YG-FYU0YVA)

[HTTPS://YOUTU.BE/ACABW7MY4XM](https://youtu.be/ACABW7MY4XM)

LEIGHS TESTIMONIAL:

[HTTPS://YOUTU.BE/0ZP8EMEXP6S](https://youtu.be/0ZP8EMEXP6S)

**MORE TESTIMONIALS AND QI FIT VIDEOS CAN
BE FOUND HERE:**

[QI FIT YOUTUBE CHANNEL](#)



WORKSHOP DATES

PERTH

LEVEL 1 WORKSHOP DATES:

In-Person Workshop 1: September 20th - 24th

In-Person Workshop 2: November 15th - 19th

In-Person Workshop 3: January 17th - 18th

LEVEL 2 WORKSHOP DATES:

In-Person Workshop 4: January 19th - 21st

In-Person Workshop 5: March 6th - 10th

Online Workshop 6: April 27th - 29th



BRISBANE

Level 1 WORKSHOP DATES:

In-Person Workshop 1: October 11th - 15th

In-Person Workshop 2: December 6th - 10th

In-Person Workshop 3: January 31st - February 1st

Level 2 WORKSHOP DATES:

In-Person Workshop 4: February 2nd - 4th

In-Person Workshop 5: March 20th - 24th

In-Person Workshop 6: May 15th - 19th

All applications will be carried out over the phone or by video calls. At Qi Practice we believe that all Instructor/client relationships require connection, trust and understanding and that the best results begin with an open, honest communication as a foundation.

To apply for Level 1 or Level 2 please reach out to Nicholas at nick@qifit.com.au

Or Contact Nicholas on Facebook messenger – friend Nicholas here:
<https://www.facebook.com/nicholas.blewett.Qifit>

Or Schedule a time to connect for a video or phone chat, in Nick’s calendar here:
https://calendly.com/nickblewett/30_min_chat

YOUR NEXT STEPS

Once you have scheduled your appointment with Nicholas, please place a note in your phone to remind you of the day and time of your appointment. Nicholas will be in touch within 6-24 hours to confirm the appointment and arrange your prefer method of communication and then contact you at the time of the call.

I hope that you have enjoyed looking over The Foundations of Qigong Program.

It brings me great pleasure and deep satisfaction to help people learn about Qigong and create robust health, wellness, peace, joy and extended longevity to their own lives, and the lives of others. If I can be of any assistance, or you have feedback, or just want to chat to find out more about me, this program or Qigong in general – please do not hesitate to get into contact with Nicholas Blewett, Chief Instructor of Qi Practice.





Dr NICHOLAS BLEWETT (Chinese Medicine/Acupuncture) has been practicing Chinese martial arts, Tai Chi and Qigong for 27+ years and holds a 4th Degree Instructors Certificate from The World Taijiquan Boxing Association. Nicholas has been teaching Martial Arts, Qigong and Taijiquan for 18 years and created Qi Fit - Qigong Training and Qi Practice programs to help create a pathway for people to learn high-quality Qigong and dive deeper into Internal Movement Training and the theories of Chinese medical and Taoist philosophy that underpin Qigong practice.

Nicholas is also a student of Classical Oriental Medicine and has been a clinical Acupuncturist for 23 years studying both traditional Chinese and Japanese medicine. With a deep passion for Chinese exercise and understanding the ancient classical wisdom and the relationships it shares with modern scientific medicine and exercise physiology, Nicholas hopes to help others discover the profound life changing benefits that Qigong and Internal Movement Arts offer.

Nicholas has been teaching Qigong teacher training course for 5 years in Australia and has a deep desire to help Qigong and Tai Chi and the amazing health and wellness benefits they offer become popular in our mainstream exercise and wellness culture.

Nicholas Blewett

Dr Nicholas Blewett (Chinese Medicine/Acupuncture)
Qi Practice Australia - Founder and Master Instructor
BHSc Acupuncture (20+ years exp.)
4th Degree Instructor - World Taijiquan Boxing Association (25+ years exp.)
Cert 4 Chinese Massage/Tuina (20+ years exp.)
Cert 4 Personal Training
Grad Cert Education University of Queensland
Register AACMA
Registered with AHPRA
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