

Daoist Flow yoga teacher training

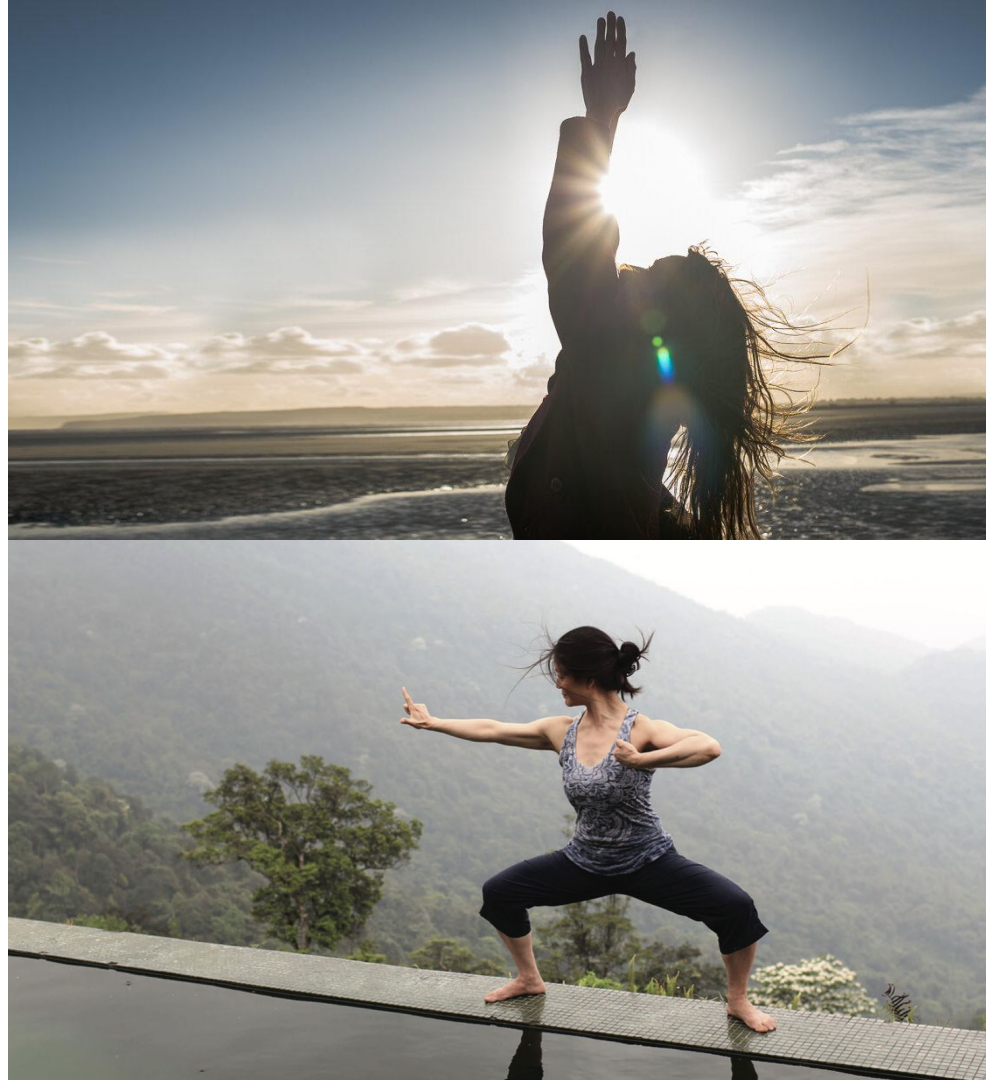
Questions & Answers

Hello! This little document of Questions & Answers has been created by us - graduates from the Daoist Flow TT in 2021 - 2022 - led by Jean Hall and Mimi Kuo-Deemer at triyoga.

We thought it might be useful for you as you move through the decision making process on whether this is the right course for you. We all had very much the same sort of questions before we applied.

We hope the following pages provide some clarity and reassurance based on our experience, but if you would like to chat on the phone or via email with more questions - please contact me.

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I don't necessarily want to become a yoga teacher.

Is this course still relevant?

"Yes, because you can be a yoga teacher just for yourself. If you want to extend the audience beyond yourself, this course prepares you for that too. You will soon realise that you can learn more by teaching others and your students are really some of your best teachers."

~ SATOKO CHURCHILL

"The course isn't totally orientated to teaching, it gives you many 'teaching' skills but not strongly focused - more focused on 'sharing' - which could be useful to even just only one person in your life. I would say the content is more directed to expanding your understanding of yoga and qigong - and how it supports us in life in general."

~ ANNE KAN

"I found that people on the TT course had various aims and reasons for undertaking the course: some people definitely wanted to teach, others started the course as something they wanted to do to deepen their practice but then ended up wanting to teach and vice versa. Either way, learning about daoist flow in such an informed way and connecting with other students and practitioners invariably changes your practice. In my case, this has been for the better: my practice is slower, deeper and more informed."

~ SALLY PARTRIDGE

"When I applied to the course, I personally already knew that I wanted to teach one day - from experience I knew it is a gift you can share with others and in many cases cause real change. However, many others on the course started off thinking they won't teach - and by Module 3 actually decided they would want to! Then there are those who simply don't wish to teach but wanted this course for other reasons. It really doesn't matter if you don't have a desire to teach as this course is structured in a way that means you will benefit regardless as it opens your eyes to new aspects of yourself and prepares you in way that means you might be able to start to let go and handle what life might throw at you."

~ LUIZA CRUZ

"Some people enrol with a clear intention to teach. Some aren't sure. Some just want to deepen their understanding and appreciation of yoga and qigong. Anyone with an enquiring mind is welcome. Personally, I enrolled with little or no intention of teaching. It was simply a course that brought together so many subjects that appealed to me. The beauty of this course however is that everyone is encouraged to do it their own way. As the year progressed, I found that I brought more and more of myself into the room. During the final weeks, and much to my surprise, I suddenly got excited about the prospect of teaching - as me."

~ MARK DAWSON



Is the study / homework intense and can I still do this course if I have a fulltime job?

"On first glance, the content of the course can feel overwhelming. However, it's not a race and there's no pressure to do anything but learn at your own pace. There will always be something you don't know or understand. But yoga's a life-long learning. During the first month I thought I had to read all the books, get my practice perfect and have a clear vision of all the requirements and how it all pieced together. After a few weeks, I realised it was impossible and allowed myself to relax and enjoy the course. "

~ MARK DAWSON

"The study/workload is manageable with other life commitments; be they work or family. This is mainly because the course is structured in a way that it is broken down into (what felt like) bite-sized chunks - five equally spaced modules. There is ample support from everyone involved in the course - fellow students, mentors and teachers. Life invariably throws curveballs!"

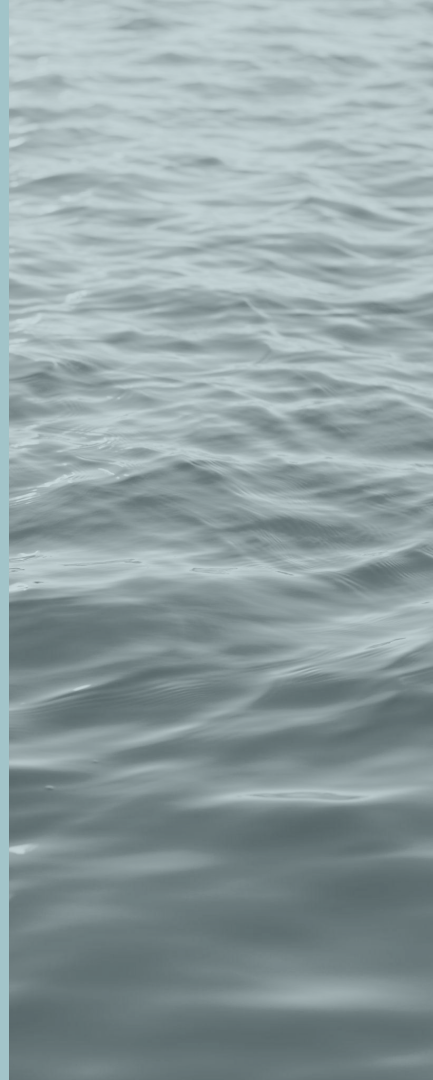
~ SALLY PARTRIDGE

"This question resonates with me when I was in the process of choosing a training course. From experience on Daoist Flow TT - this is absolutely possible but like anything will need commitment to completing the assignments in between modules. This course is structured in a way that approaches learning in an experiential way and unlike many courses does not focus on tests and exams. Our course didn't have this which is the best way to learn for me personally - without that enormous pressure of what success looks like based on a set of scores / marks. No final exam judged by external examiners is one of the reasons I also picked this course - there is a final assignment but I managed that workload along with my day job quite easily. After each module it is entirely up to you if you wish to explore and study an aspect in greater detail through additional reading, attending workshops or through your own self-practice. We all got Zoom recordings too after each module so you will have time to digest the information and let it land naturally and in it's own sweet time - as Mother Nature intended."

~ LUIZA CRUZ

"Yes, definitely because I managed it! I think more students struggled with juggling their family home life than work. You will benefit more from the course if your families/partners understand and support you."

~ SATOKO CHURCHILL



Is the qigong and yoga aspect split 50/50?

"I would say 60/40 yoga and 40 qigong in physical practice time spent, but perhaps it is 50/50 as qigong and yoga elements are beautifully blended through movements and philosophy practice. I saw yoga in Mimi's qigong forms and qigong infused movements in Jean's flow. Some may interpret 40/60 - this is how you see your own journey with the course!"

~ SATOKO CHURCHILL

"I think it was slightly more weighted to yoga but I think qigong really compliments/ enriches a yoga practice. I feel it makes my yoga practice more rounded ,fuller and that they really work well together. I think of qigong as being a 'cultivating energy' practice and yoga as a more 'moving energy' practice —so go beautifully together —and sometimes you lean more towards one -and sometimes the other . Just expands your 'tool box'. Definitely a course that promotes curiosity and an enquiring mind."

~ ANNE KAN

"The qigong and yoga aspects dovetail beautifully together in the way they are taught during the modules, some of the practices that we are introduced to and through the course reading. All of this is underpinned by a fundamentally somatic approach to practice - even if one discipline appeals more than the other the main message of the course is to 'sense' and 'feel' your practice."

~ SALLY PARTRIDGE

"Maths isn't my strong point so I can't quite say what the percentage split was but it definitely felt like a good balance. Each module built on the previous one. I liked how during the module week, one day was quite heavily focused on qigong and the next was more yoga focused. And then the beauty of how the two, qigong and yoga along with pranayama and meditation, melt beautifully into each other in a daoist flow practice.

It's a really good mixture across yoga, qigong with a somatic approach but also new movement patterns which I know the crew loved as much as I did. The course does however enable each student to pick and choose to a degree on what they wish to develop as a practitioner or teacher. So in summary - no student will feel locked into just one thing here...it's really quite free like that."

~ LUIZA CRUZ

"This course is likely to stimulate your thinking and broaden your horizons. As the name of the course suggests, one discipline flows into the other and back again. They're not mutually exclusive and there's more than enough scope to lean into what interests you most. Personally... and on reflection, I think this course is so much more than qigong and yoga. Breathwork, somatics, philosophy, voice work - it's all one big interesting gift."

~ MARK DAWSON



I can't do a handstand or the splits...I'm not flexible...I've not got a dedicated self-practice yet...I'm not a true yogi...

(blah! blah! blah!...add to the list of self-doubt!)

"It's easy to conjure up images of perfect bodies in perfect postures and think 'that will never be me'. Yoga is not about attaining the unattainable. Everybody is different, everybody moves differently. Yoga is for everyone, to be enjoyed by everyone, and can be taught by anyone. Daoist Flow is the perfect vehicle for appreciating the true essence of movement."

~ MARK DAWSON

"Looking back at what my list of 'self-doubt' was before signing up is quite an eye opener. If I thought like this now, what kind of teacher would I be? Judgemental perhaps? Daoist Flow turned out to be the most beautiful reflection of life - all ages, many cultures and different body types practiced and learnt together over 11 months.

Spoiler alert - most of us can't do a handstand and many of us finished each module in the pub celebrating life over a little glass of wine, beer or cuppa tea. That doesn't make us less yogi - it makes us human."

~ LUIZA CRUZ

"The philosophy of Daoist Flow is one of listening - listening to our bodies, emotions, our energy - and responding to what is arising in an authentic, kind, and compassionate manner. I learned in this training that what a pose looks like to an outsider is not the yoga (provided the pose is executed safely). The yoga is my own unique expression of the pose, one that is appropriate for my body in this very moment. When I found myself too tired to practice physically, I learned I did not need to quit practice. Instead, I brought my body into stillness and visualized myself following along with the flow, or "simply" rested in a restorative pose. Experiencing practice in this way, I came to understand that listening and responding to what is arising for me in this moment is the compassionate heart of the practice that allows for energy cultivation. I learned to recognize that when I found the practice too physically demanding, the only one who was placing undue demands was my own self, my own ego. Attending to the ego then became that moment's practice."

~ MARKETA FOLEY



I can only attend this course online. Is it still worth it or do you feel detached?

“I don’t live in the UK and went through the training 100% online. For me, it was very much worth it. Not being in a position to travel to the UK to be physically present, I was very grateful for the opportunity to study with the fantastic teachers I wouldn’t otherwise have had access to. Yes, the experience of connecting remotely is undeniably different, yet neither better nor worse.

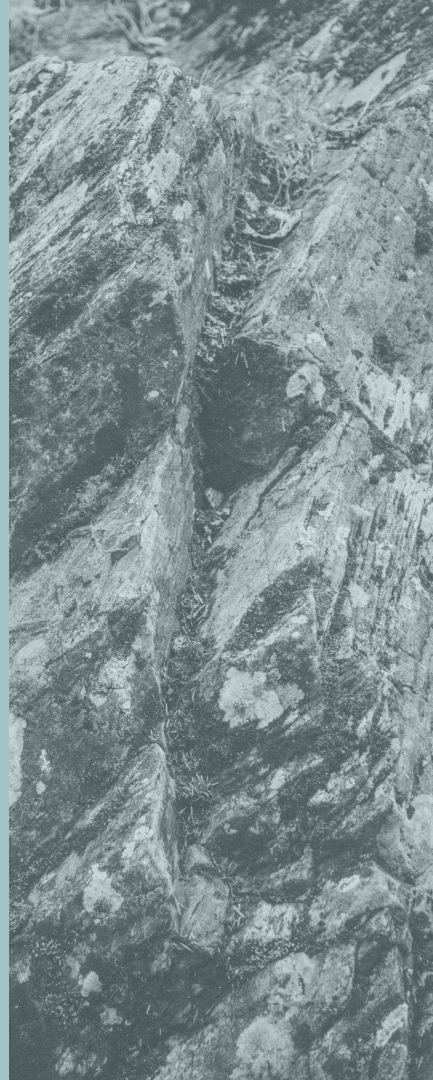
Just as my physical/mental/energetic ability is different from other students, so was my online circumstance. One of the things that stood out to me from this training was being guided towards honoring my own self, my own abilities, and finding my own path through (and then sharing/teaching from this connection with my authentic self). The circumstance of connecting in remotely brought this enquiry into the forefront as my circumstance was by definition different and I needed to call on my flexibility, creativity, good boundaries with family members, and self care to counteract so much screen time.”

~ MARKETA FOLEY

English isn’t my first language. Will that be an issue?

“You don’t need to speak perfect English. You have time between each module to read and translate what you do not understand. Your English will improve like mine did! Just remember that you are not alone. Don’t hesitate to ask if you need help. You have fantastic teachers, mentors and teaching assistants and of course your fellow course students. Trust yourself.”

~ AGNIESZKA NAPIERALSKA



Tell me and I forget.
Teach me and I remember.
Involve me and I learn.

~ BENJAMIN FRANKLIN

We hope this has supported you in your decision - whatever that may be and we all wish you love on the path you choose to follow.

If you do join, you may well meet many of the former students who contributed to this deck of questions and answers as some of us will be Mentors on the next intake in 2022-2023.

We had an amazing ride on this journey, take a look at the behind the scenes by clicking on this [YouTube video](#) link which captures some of the moments we all shared.

