



DANCE YOURSELF TO HEALTH

TRANSFORM YOURSELF AND CHANGE THE WORLD





If you have been considering a career in health and wellness, AND you love to dance and work with people, you have come to the right place!

Helping people to improve their health and well-being is one of the most rewarding things you can do in life. Wu Tao Dance offers people the opportunity to nurture themselves physically, emotionally and spiritually, restoring health on every level. Teaching Wu Tao is an incredibly enjoyable way to support people on their life journey and transform yourself at the same time. If you want to deepen into your own spiritual dance practice and be of service to the world, you won't want to miss out on our Wu Tao Instructor Training Program.

Many people these days have busy and stress filled lives. Going to a Wu Tao class is a beautiful way to de-stress, reconnect and return to balance. It is very fulfilling to witness people becoming peaceful and centred. Eyes shine, smiles appear, and the signs of stress drop away in a Wu Tao Dance class.

Who are the people that you are most passionate about working with? Wu Tao offers programs in schools, retirement villages and corporate business. Becoming a Wu Tao Instructor is a way for you to bring balance and peace to your community, The program offers you the opportunity to study Wu Tao Dance without having to relocate or take time out from your current profession. Begin your study to become a Wu Tao Instructor in the comfort of your own home today, and you will be well on your way to changing the world.



WU TAO CHANGES LIVES!



"I am loving my Wu Tao classes. I teach 2-3 classes a week at the moment and it is very rewarding that's for sure! Lots of healing going on with everyone involved including me!! Wu Tao has changed my life and at last I feel that I am following my true purpose, communicating with people in a creative and powerful way. So thanks Michelle for bringing Wu Tao to the world and especially thankyou for sharing it with me."

(Rachel Gard New Zealand)

"I absolutely love Wu Tao, the movements, the music, how it makes me feel and also studying the course. I have to say, that I am actually positively amazed about the course into inner transformation and what it has done for me.....I am discovering more about myself and healing a bit more (and believe me , I have done alot in the past already). I am looking forward very much to practicing more, learning more and going deeper into everything Wu Tao! Thanks Michelle!"

Jutta Hecht (USA)



In the Wu Tao Instructor Training Course you'll learn:

- The history and philosophy behind Wu Tao
- How to teach Wu Tao successfully so your students have a deep and healing experience.
- Warm ups, meditations, exercises and therapeutic processes.
- The movements, benefits and teaching points for all of the Wu Tao Dances.
- The Advanced movement sequences for the Wu Tao Dances.
- The modified movement sequences for the Wu Tao Dances for people with movement difficulties (ie elderly, disabled) including our popular Stretch and Relax program
- The principles of meditation and relaxation and how to teach both within a Wu Tao class.
- Foundations of Traditional Chinese Medicine
- The powerful Transformation program that will transform you from the inside out and give you the skills to help your students do the same.
- The secrets to creating a lasting and successful Wu Tao dance business.



Through the Wu Tao Instructor Training Program you will develop excellent teaching skills and transform your life at the same time.

What are the areas in your life that need attention? Wu Tao helps to restore balance at every level. Physical conditions, mental and emotional problems can all be transformed and healed through doing Wu Tao. The best teachers are those who have 'done the work' and all Wu Tao Instructors have taken a deep inner journey and emerged on the other side with the skills required to not only teach the 'technique' of the dances, but to fully support their students on their own healing journey of transformation. It is a premise of the Wu Tao Instructor training, that once a person has experienced inner transformation for themselves, they have the insight and capacity to share and teach it to others. The course has a proven track record in delivering this. As a result, Wu Tao teachers are confident, supportive, centred, authentic and superb at holding a sacred healing space for their students.

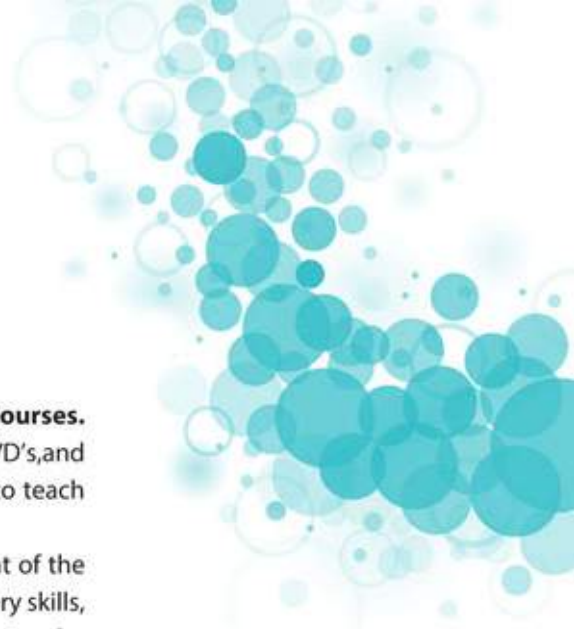


"I can only begin to express the incredible gratitude that I have for you and Wu Tao Dance. I am honestly not sure if I would still be here on this earth if I had not found my way to you 8 years ago. I was so filled with grief and out of balance - there is no possible way that I could have continued in that way without manifesting some awful physical dis-ease. Wu Tao gifted me with the remembrance and knowledge of who I truly am and the peace that comes hand in hand with that remembrance. Life is a continual journey of mountains and valleys and Wu Tao is there with me each and every step of the way, always when I need it the most to gently remind meI am loved, I am supported, I am connected to all of Life."

**Nicole Castle Wu Tao
Trainer and Instructor
NSW**

What does the training consist of?

The comprehensive training will give you all the skills to facilitate and teach Wu Tao Dance in a professional capacity. Throughout the course you will receive as much personal and educational support as you need from your own personal tutor available by phone, email or skype.



There are 2 main components to the Training:

The Home Study Course comprising of Foundation and Embodiment Courses.

These include training manuals for all the subjects, books, instructional DVD's, and Music CD's. These resources contain all the materials you will need to learn, to teach Wu Tao in a professional and confident manner.

The Mastery Training, a 7 Day Practical Intensive is the second component of the training. This exciting and challenging training hones your teaching and delivery skills, shaping your classes to be creative, enjoyable and safe. The time spent during the Intensive is essential to becoming a fully qualified and competent teacher of Wu Tao.

What else do you need to do to complete the training?

Completion of a personal journal for The Transformation course

Completion of the Chinese Medicine Study Guide

Completion of 30 hours Teaching practice Log

A short written assessment on Chinese Medicine (offered at Intensive)

Practical assessment (offered at Intensive)

What will you learn during the Course?

The course work gives you:

- A thorough understanding of the principles of Chinese Medicine and their application in Wu Tao.
- A precise and detailed knowledge of the Wu Tao dances and the ability to teach this in a class situation.
- A musical awareness that will allow you to emulate and demonstrate Wu Tao with the appropriate rhythm, timing and feeling.
- The necessary internal processes to integrate and apply the principles and philosophy of Wu Tao at a personal level.
- The ability to share and disseminate Wu Tao principles and philosophies in an appropriate way that resonates with your own personal integrity and truth.
- Business education to help you get your Wu Tao business up and running successfully.

In the training course you will cover the following subjects:

Foundations of Traditional Chinese Medicine (external home study)

This unit introduces you to the principles underlying Traditional Chinese Medicine (TCM), including Taoist philosophy, the concept of Qi, dynamics of Yin/Yang, and Five Element Theory. You will also cover the TCM concepts of organ theory and their related functions and the meridian pathways and locations. The course introduces you to basic diagnostic principles as applied in TCM. Through the combination of lectures, practical application and experiential work, you are guided to an understanding of Chinese Medicine and are able to begin to integrate these principles into your Wu Tao practice and daily living.

Course in Transformation (external home study)

Using the 5 elements and the seasons as a guide, this course takes you through a process of inner reflection and transformation that will enable you to fully embody the Wu Tao Dances resulting in increased personal awareness and insight. You will learn the necessary processes to integrate and apply the principles and philosophy of Wu Tao at a personal level and gain the ability to share and disseminate Wu Tao principles and philosophies in a way that resonates with your own integrity and truth.



Foundations of Wu Tao Dance (external home study)

This unit introduces you to the basic practice and philosophy of Wu Tao. The Dances are defined and explained, meditation and warm up formats are introduced and class structure is formulated. This unit will enable you to learn and clarify the Wu Tao Dance Material in preparation for the final Training Intensive and practicum.

Seven Day Practical Training Intensive. (Non Residential or Residential)

This program consists of a 7 day face to face training that encompasses the practical and theoretical methods of teaching Wu Tao effectively. It is strongly recommended that you start the other components of the course before participating in this training to enable you to receive the maximum benefit from the material covered.

Accreditation and Licensing

As a Wu Tao Instructor, we train you according to our methods and principles and you will need to gain accreditation before becoming a licensee. At the end of the 7 Day Intensive, you have the option to sit the accreditation assessment. Upon successful completion of all the written and practical components of the course, you will be awarded a certificate of accreditation and can be issued with a license to teach Wu Tao in your own country under the guidelines stipulated in the license agreement.

"Most of all , I trust Wu Tao...the concept of Chi has long been a part of my life. I have practiced Tai Chi. But I am also a fitness leader in Australia and I understand the subtlety of the stretches in the 5 dances and the soundness of Wu Tao as an exercise. I am awestruck at the brilliance of merging traditional eastern knowledge with contemporary western scientific findings and am further awed at its power. This approach is a blueprint for the 21st century I've found what I've been looking for and , increasingly I'm allowing myself to be guided."

(Maggie Mars SA)

"Really enjoyed the training. Thank you so much, it was fantastic! Wu Tao takes me into a beautiful space, and keeps me in the present moment, and positive, when I'm dancing it. I love it!"

(Marian Procter WA)

I Just wanted to let you know the first training module was great; thank you. I can't wait for the next one. It's definitely nice to be in Wu Tao mode.

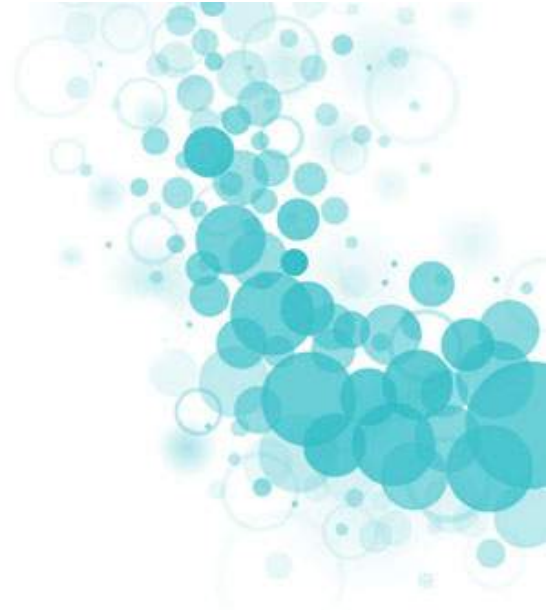
(Megan Vanderpoll WA)

I did my teacher training last year with Michelle. It was a great and very touching process tapping right into my inner-self again. My husband, Chris was very happy that I had finally found something to satisfy my soul and my bodys' needs.

(Muriel Morwitzer WA)

When I first came to Wu Tao, I had lost a lot of confidence in my body. Wu Tao helped put me on a transformative path, and opened doors I'd thought were permanently closed to me. It inspired me to explore other forms of dance, which I now regularly practise. I've experienced Wu Tao through three teachers. They each brought their individual style to the teaching, but I was impressed with each of them for their thorough knowledge of the dances. For me, Wu Tao is a unique way into appreciating life, moment by moment. I am now taking Wu Tao out into my world and getting really positive feedback - I'm finding teaching it to others is a wonderful experience.

Catherine McCredie (Victoria)



The Wu Tao Instructor training program includes the following valuable benefits:

1. Unlimited personal and educational support from Wu Tao Dance staff and Michelle Locke (Value of at least \$300) As a student in our teacher training program, you have unlimited access to me and all the resources of Wu Tao Pty Ltd. I want to hear from you whenever needed, because I want you to be the best Wu Tao Instructor you can be and get the maximum benefit from the training. (I usually charge \$100 per hour for a private consult.)
2. Free lifetime access to the Wu Tao Membership site (\$197 value) Here you can access heaps of downloadable material including video, audio and articles to help you integrate the training material plus connect and share with others via the Wu Tao Community Forum.

And upon completion of the Wu Tao Instructor Training Program:

1. Free listing on the Wu Tao Dance website You will be given a listing on the Wu Tao website with the option for your own website.
2. Letter of recommendation and Wu Tao Teacher Certificate Upon completion of the program, you will receive a letter of recommendation and a Wu Tao Teacher Certificate from Wu Tao International.
3. Discounts and wholesale rates on Wu Tao products Most Wu Tao students purchase books and Dvd's etc to help with their home practice. Your discounted rate makes it easy for you to purchase and resell to your students.
4. The opportunity to become a Wu Tao affiliate Being an affiliate of Wu Tao enables you to make up to 40% on sales of certain Wu Tao products and courses.



Getting Started

Prerequisites

There are no prerequisites for the training, but it helps if you have been to some Wu Tao classes or learned the dances at home before commencing. You do not need to have studied dance before, however a love of dance, a desire to help people and an interest in health and healing are necessary attributes to become an awesome Wu Tao instructor!

How much does the Training Course Cost?

We really want to make the course accessible to anyone interested in teaching Wu Tao so our prices for training have hardly increased in 13 years! Its important to us to spread the benefits of Wu Tao to a worldwide audience through inspiring and authentic Wu Tao Instructors.

You can choose how you want to study the course. It has been designed to be completed by the module and you can also purchase and pay for the training in full to receive a generous discount.

Select your best option below:

Pay by Module

Foundation Course \$1200
Embodiment Course \$1200
Mastery Course \$2400

Complete Training (10% discount) \$4380

2 Payment Plan (10% discount) \$2160
(2nd payment due 2 weeks before Intensive) \$2160

6 month Payment Plan (5% discount) \$760 / month

12 month Payment Plan (5% discount) \$380 / month

Please note the following:

GST for Australian residents and credit card fees of 3.5% will be added to your payment as required. You are responsible for all travel expenses to attend the 7 Day Intensive retreat.

2017 Dates for the Mastery Retreat Training are:

18 - 25 March - Bali

24 - 31 July - Thailand

15 - 22 September - Germany

6 - 13 November -Bali

All course fees are to be paid in Australian dollars and can be paid by direct debit, cheque or credit card. Fees include all tuition, training manuals and workbooks, study DVD's, music CD's and books.



Our money back guarantee

If you are not completely satisfied that the Wu Tao Instructor Training Program offers you everything you need to become a qualified Wu Tao Instructor, or you decide that the course is not for you, then simply **email or phone us within 15 days** of receiving your Home Study package, return all training materials immediately and we will refund you the full amount minus a small cost for administration.

Frequently Asked Questions

How long does it usually take to complete the course?

The teacher training course takes approximately 5 to 6 months to complete, however you can take as much time as you like.

Do I need to finish the course within a certain time?

No, you can take as long as you need to, though you do need to successfully complete all components of the training including the 7 Day Practical Intensive and pass all assessments to become an accredited teacher of Wu Tao.

Can I spread the cost of the courses over a period of time?

Yes. You can pay for the course in 2 installments or make 12 or 6 monthly payments. These can be automatically debited from your credit or bank account. There is a 3.5% charge for credit card and periodic payments.

How could I get my money back if I don't like the course?

Just return the course in good condition within 15 days of receiving it, with a letter of withdrawal and we'll send you a full refund minus 10% for admin costs.

I live in the USA, NZ, UK, Asia, Canada, etc. Is the course suitable for me?

Yes. We currently accept International students as well as Australian students. Practical Intensives are currently held in Australia, with other International venue as announced.

How can I contact my tutor or Wu Tao Head Office?

There have two types of people you can contact - your tutor and a course manager. The tutor assesses your work and can help you with any problems by phone. Upon completion of your assignments, email or post them to your tutor.

If you have an urgent query about the course or an administrative problem, you can phone and talk to a course manager at Wu Tao Head Office during work hours. If you leave a message out of work hours we will ring you back the next day. If you are an international student we will arrange to talk with you via skype.

What organizations can I join as a member?

The International Institute for Complementary Therapists (IICT) is a Professional Body for the Natural Health Industry which offers both Associate and Full Membership for all Complementary Therapists in Australia, New Zealand and Europe. They offer numerous benefits to their members including access to Public Liability Insurance through their Brokers OAMPS. Wu Tao is recognised as an Approved Training Provider by IICT.



Registration Form

Name: _____

Address: _____

_____ State: _____ Postcode: _____

Phone: _____ Wk: _____ Mob: _____

Email: _____

Qualifications: _____

Relevant experience: _____

The 7 Day Mastery Retreat I wish to complete in 2017

Your reasons for undertaking this course: _____

I declare that I have disclosed on this form, all relevant details and take full responsibility for myself in attending this course.

I understand that Wu Tao - The Dancing Way is a registered trademark and all material contained in the program is subject to copyright. Wu Tao cannot be delivered or taught in any form whatsoever without the formal permission of the copyright owner.

On successful completion of the training program I will be offered a license, which will allow me to teach Wu Tao in the forms stipulated in the teaching contract on a commercial basis.

If withdrawing from the training program within 15 days of receiving the course, I agree to give written notice and return all training materials immediately. I will receive a full refund minus 10% of the full course cost, for administration costs.

Signed: _____ __/__/__ (Applicant)



APPROVED
Training Provider
Approved by the International Institute
for Complementary Therapists

