



13315 W. Washington Boulevard, Los Angeles, CA 90066 / contact@collegeoftao.com

January 12, 2016

Dear CHI Instructor Applicant,

Thank you for your interest in applying to become a certified movement arts or meditation instructor in the Ni Family Taoist Tradition of the Integral Way. In addition to having completed the Instructor Training Intensive and having passed the Practical Exam in your chosen form, we ask new CHI instructors to complete Part I of the *Introduction to Taoist Self-Cultivation* course to ensure that they have a broad experience and exposure to the tradition's principles and self-cultivation methods. The course is attached so that you can print it out.

The Ni Family movement and meditation arts are not done merely for the purpose of physical exercise, martial arts, or relaxation. They come out of the Taoist Tradition of the Integral Way, originating in China, which has been passed on through generations of the Ni Family. It is important to understand that the purpose of practicing these movement arts and meditations is to cultivate and refine your energy.

Here are some helpful guidelines for taking this course:

- 1) The course takes a minimum of 6 weeks to complete.
- 2) Follow the instructions on page two, especially those that pertain to CHI instructor certification.
- 3) Focus on the assigned chapters (indicated in bold) of the Assigned Reading on page four.
- 4) Answer the questions in Section II for each of the three books.
- 5) Pick a self-cultivation practice from those indicated in Section IV, one that is different than the art for which you are currently seeking certification. Use this practice daily for a minimum of 6 weeks.
- 6) Answer the questions in Section V (the personal report).
- 7) This completes the last step of the certification process. Send your completed answers to Sections II and V to the CHI Health Institute. Email: contact@collegeoftao.com. You may also elect to send in your Introduction course materials, the Certified Instructor Application (being sure to check off all the appropriate boxes on the second page) and your fee all together by regular mail to:

CHI Health Institute, c/o Amy Stoehr, 13315 W. Washington Boulevard, Los Angeles, CA 90066

If you have any questions regarding the course, please contact CHI at contact@collegeoftao.com.

We look forward to welcoming you into the worldwide College of Tao community of certified CHI instructors.

Sincerely,

Amy Stoehr
CHI Registrar

www.collegeoftao.com