

About Master Kaum

Trained in Korea, Master Kuam is the owner of the Body and Brain Healing Centre in West Ottawa which offers a healing style of Yoga, Tai Chi and Qi Gong.

At the Body and Brain Healing Centre West, he is the Master Trainer and Head Instructor, a Mind & Body Specialist, an Inspirational Speaker and a Life/Business Coach with twenty years of experience. Articles about him and his work have appeared in the Ottawa Natural Magazine, and the Ottawa Citizen. As well, he has been featured on local television stations to demonstrate his teaching style and method.

In 2010, as part of his mission, Master Kuam created The Tao Tree, a Meet-Up group designed to assist in awakening enlightened consciousness and healing within the Ottawa community.

Exuding a calm, positive energy and generosity of spirit, Master Kuam is a uniquely approachable and accessible inspirational leader. He is a role model for those seeking meaning and purpose in life, and identification and fulfilment of their potential.

Yasmin's Testimonial

The Chun-Ji-In Yoga and Tai Chi Instructor Course provided me with double benefits. In order to teach others, I needed to be the best 'me', starting with healing old wounds, and transforming into my Authentic and Best Self.

As I took this course, and diligently continued to attend classes at the Centre, my healing flowed, mentally, spiritually, emotionally and physically and I experienced 'breakthroughs' which helped me progress in the path of being my Best Self.

As the instructor training progressed, I progressed, and I found myself feeling more and more joyful and confident, more and more committed to 'shout from the rooftops' about what I learned and because of who I uncovered in the process: My True Self!

I climbed to the top of the mountain, shed baggage I did not need, and was ready to soar like an eagle!

Changing Courses

Chun-Ji-In Yoga and Tai Chi Instructor

Great opportunity for your self-growth and development.



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You are much more than you believe, and the key to unlocking the secrets of your brain is knowing how to utilize your brain well.



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About the Body and Brain Healing Centre

The Body and Brain Healing Centre was created to bring the principles of Tao to the Ottawa community and Canada. We focus on the health of your body, mind, spirit, and life energy, or qi, as all four are fundamental to overall health. We do this by integrating Korea's rich 5,000-year-old history of holistic healing and mind-body practices, Chun-Ji-In Tao philosophy, and principles of traditional oriental medicine.

Why Should I Take this Course?

Along with gaining the skills and tools needed to be an instructor of Korean Yoga and Tai Chi, you will also receive the training you need to develop your strengths and self-leadership skills. You will learn how to lead a healthy and balanced life at the personal and professional level while maximizing your full potential and contribution to society. The personal healing benefits you will gain may be life-changing, and you will know how to live consciously thereafter.

When you immerse yourself in the course and embody the principles of the Tao in your daily activities, your life will become more satisfying. When you engage in the much needed mission of bringing the principles of the Tao to the broader Ottawa community and Canada as an instructor, your life will take a more purposeful path.

How is this course different from other courses?

The Chun-Ji-In Yoga and Tai Chi Instructor Courses provide you with double benefits. In order to teach others, you would want to be your best, starting with healing old wounds, and metamorphosing into your most beautiful Self.

As you take this course, and diligently continue to attend classes at the Centre, your healing will flow and you will experience 'breakthroughs' which will lead you toward your Best Self.

As the instructor training continues, and as you progress, you will find yourself feeling more and more joyful and confident, more and more committed to 'shout from the rooftops' about what you have learned because of who you will become: Your True Self!

You will have climbed to the top of the mountain, shed whatever baggage you did not need, ready to soar like an eagle!

About the Course

The course is a healthy, happy and peaceful training that starts with teaching you the Principles of Tao, followed by Theoretical Training, Practical Application Training, and Individual Mentoring. Personal development is intrinsically intertwined with formal Instructor Training, as this is a core fundamental in your becoming qualified to be an Instructor.

Qualification

Three months minimum class attendance

Recommendation: Awakening Mastership and Awakening True Nature.

How It Works

1. A Tao retreat will be offered as a pre-instructor training.
2. Regular Instructor Training: an intensive Theory Training, and Practical Application Training
While practicing Yoga and Tai Chi training, members will learn the natural healing method.

To receive the Certificate of Chun-Ji-In Yoga / Tai Chi Instructor:

- a. Volunteer teaching - 12 classes
- b. Completion of a volunteer teaching journal
- c. One orientation session

Schedule and Fees

1. Tao Retreat will be done over a weekend, a total of 22 hours, as follows:

Friday, 7pm to 9 pm / Saturday, 6 am to 9 pm / Sunday, 6 am to 11 am

Fee: \$540 plus HST. Payment is requested in advance of the course.

Note: Depending on location of the retreat, accommodation costs will be extra.

2. Regular Instructor Training

a. Yoga Instructor

Main Training: 3 months (Sat, Sun, 16 hours x 3 times)

Post Training: 3 months (Sat, 4 hours x 3 times)

Five hours of mentoring with Master Kuam

b. Tai Chi Instructor

Main Training: 3 months (Sat, Sun, 16 hours x 3 times)

Post Training: 3 months (Sat, 4 hours x 3 times)

Five hours of mentoring with Master Kuam

Regular Fee: Each course will be \$2990 plus HST.

If you wish to take both courses and commit at the beginning, a discount of 10% is offered (\$598).

Schedule in 2019 : TBD