

## Educational Development Online Support (ED-OS)

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In this document you will get to know the most comprehensive offer of Jonathan Schmid Training, the ED-OS. We hope that this will help you to make a decision. With this offer we want to serve those people who are not only interested in training, but in (education) and training. This offer is therefore aimed at all those who work in the field of movement, sports and prevention; such as fitness and personal trainers, yoga instructors, course leaders, mobility and physical therapists, as well as doctors. This course is suitable for professionals and career changers. Of course, it is also possible to participate for a deeper understanding and further training of your own practice without a professional background. The focus is clearly on the **training and further education**. The offer is interesting for all people, but especially for people who already teach themselves or would like to teach in the future.

About this document: First you will get more information **about the ED-OS**. Next you will learn more about the **procedure and process** of the ED-OS. Furthermore you can see a "**fact check**", what is included in this offer and finally you can see the **financial costs** for you.

### ABOUT THE ED-OS

The ED-OS is a process-oriented accompaniment that follows a clear training plan. During your time in the ED-OS you will receive material to build or expand your own practice as well as additional learning material that will deepen and broaden your understanding and skills. The different topics build on each other and complement each other. This means that you will be trained in and with our philosophy and practice. In addition to a clear plan for building your physical skills, you will also learn what we do, why we do what, and how we do it.



PHOTO BY DEVIN RÜZGAR

Although you follow a set curriculum, the structure within the topics is based on the individual - that is, on you and your prerequisites. Therefore, the structure does not treat the progressions and intensities of the students the same, but adapts them individually. We strive for a form of education that combines both old values shaped by experience and new scientific factors. In this way, the ED-OS finds a compromise between a fixed structure and the individual. An example of this is the physical practice, where you don't just work on a specific goal, but learn in detail the whole range of physical training. The same is true for all the other pillars of JST.

## PROCESS OF THE ED-OS

Trust is an important point for our work. In addition, we want to work with you personally and get to know you in order to give you the quality that meets our standards. In addition, you should have enough time to gain experience and a deep understanding. For these reasons, we only offer the ED-OS with a commitment of at least twelve months.

In this time it is our duty to give you a high quality of individual training as well as to enable you to progress through our precise feedbacks. Your duty is to practice and deepen the material conscientiously. Because it should also be clear: You get out what you put in. You have a say in how far you develop during this time and how much you learn. For this reason, the prerequisite is that you train **at least 6-8 hours** a week.

The twelve months of ED-OS membership are divided into a **macrocycle**, several **mesocycles**, a number of **microcycles** and the **single training sessions**. The macrocycle gives the long-term orientation, the mesocycle individual stages, the microcycles specific training phases and the training sessions the work done during a microcycle.

During a mesocycle, the main topics usually remain unchanged and intensive work is done on the given projects. How extensive a phase or mesocycle is always depends on your prerequisites. The prerequisites can be factors such as time availability, work life, stress level, physical abilities, etc.

Each training phase builds on the previous one, so there is always progress, whether on the technical or conceptual level. Finishing a mesocycle always means, in a way, leaving certain topics for the moment and opening up to new ones. However, some things are also deepened. A microcycle lasts **between four and six weeks**, depending on your weekly time commitment and the intensity and complexity of the topic(s).

### The training phases

Each phase consists of a detailed PDF document with written descriptions and various video material. In addition to the practical material of the different categories, you will also receive theoretical material, questionnaires and research tasks to deepen your knowledge. All of this is designed to support and enhance your practice and ensure that you really learn something and don't just work things off like a robot. Each phase also has a reflective practice that you should keep honest and thorough. We provide the template for this.

What the initial training phase and general planning looks like depends on the individuality of each person. If you already have a lot of training experience, you will naturally find a different way to start than someone who has little or no experience. What is the same are the topics you go through and which build on each other. BUT, of course, we find a very individual process here as well. Some people need much more time with a building block than others. With another topic, it may be the other way around. We don't push you, you get the time you need. You don't have to achieve XYZ by the end of the year, you do what you can. Before you start, we also do a physical and mental history, where we can get a first picture of you.

### Communication & Feedback

Our communication platform is Discord. It is accessible for free via browser or available as a free app for mobile and desktop. As a video platform we use YouTube. **Once a week** you send a compilation video with different training clips (maximum total duration 20 minutes) and questions about your phase, to which we provide feedback. We respond to your video by recording our screen and doing a voice-over to your video, or if needed, recording an extra video tailored to your individual needs.

## FACT-CHECK ED-OS

### Following a short fact check, what the ED-OS contains for you:

#### • Assessment

- Large questionnaire about yourself to get to know you a bit and to be able to assess your current situation
- At the same time first chance for you to reflect on yourself and your current life situation

#### • Practical Material

All material is provided with written descriptions, images and one of our more than 1200 videos on YouTube.

- Physical Practice (covering a wide range of activities; from health related training to better movement); this is the largest part of the ED-OS
- Cognitive Practice (awareness, cognitive tasks, philosophy, creating & crafting, etc.)
- Nourishment Practice (nutrition, meditation, sleep & dreaming, environmental influences)
- External Layer Practice (Permaculture); is dealt with less directly in the OS than in the annual intensives.

#### • Theoretical Material

- Introduction videos about basic topics (breathing, posture, joint positions, etc.)
- Documents to support the practice (training design, daily practice, physical practice, etc.)
- Introductory texts about categories/specific topics (mobility, strength training, etc.)
- Lectures and presentations about various topics (stress, frustration, learning, intermittent fasting, cold exposure, etc.; training theory, mapping, posture work, etc.)
- Questionnaires to support the process of learning, thinking, questioning and understanding
- Discussions to support critical thinking
- Personal research tasks and essays

#### • Feedback

- Video submission **every week** from your side (maximum duration of 20 minutes)
- Detailed feedback video (Voice-Over and or explanation) **every week** from our side
- Video calls for updates, discussion of research topics and essays, specific questions on your part, and lectures on my part.

#### • Social Interactions

- Online Support Meetings (Zoom / Discord)
- Exchange platform, together with other students and us (Discord)
- Group Training Hamburg (reduced price for permanent joining or free as a visitor)
- Invitation Student Intensive (6 days every summer)

## FINANCIAL OFFER

An Educational Development Online Support contract can only be signed for 12 months, as it is a training and development offering and can only serve its purpose if there is enough time. From experience, it is advisable to invest at least 12 months in the ED-OS, because only then can you really dive deep into the practice and see the time-intensive benefits. After the 12 months, you can decide whether to continue with the GD-OS, for example, or stop. Most students who choose this option stay between two and five years, but it's entirely up to you and you'll see how it goes and fits for you after one year.

### Price

- a) 12 months cost 310 euros/month (3720 euros complete)
- You can decide in advance if you pay all at once, in rates or monthly. We prefer monthly.
  - You get 15 % discount on each public workshop.

Please bear in mind that the price takes into account that this offer is limited and cannot exist for the masses. Further the price includes several work steps and the detailed work can only be maintained through financial recognition. My team and me will provide you with weekly educational material consisting of written programs and our video library, articles and general support between five and 30 hours. This material is the result of many years of time invested in our practice, filtering, summarizing, processing, writing, filming, editing, and preparing experience and knowledge. In addition, there is then direct work in the form of writing the phase as well as the weekly feedback and cyclical zoom meetings.

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Because we value, believe in and like personal contact, we look forward to a few face-to-face meetings throughout the year where we can exchange ideas, discuss technical and conceptual issues and see and experience you in 3D. This contact can take place through participation in workshops, personal training or non-binding visits and participation in group training. Important: This is not a MUST, but a possibility we are very happy about.

All further and more in-depth information that you need from us and we need from you, you will receive after you have decided to participate in ED-OS and to work with us.

If you would like to see some of our students, feel free to visit our public YouTube playlist [Students Clips](#).

