

## Educational Development Online Support (ED-OS)

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If you are reading this, you're probably truly interested in what the Online Support (OS) has to offer. In this document you will get to know the most comprehensive offer of the Jonathan Schmid Training, the ED-OS, in more detail and hopefully it will provide some assistance in your decision making. This offer is aimed at those who are willing to get to know the philosophy and practice of Jonathan Schmid Training in depth and are not interested in a specific, separate thing, but are looking for a deeper education and practice. The focus lies clearly on the educational aspect. This applies to everyone, but especially to people who already teach themselves or would like to teach others in the future.

This document is organized as follows: First you will get general information about the process of the ED-OS, then you'll see a „fact-check“ what is all included in this offer and then we will finish with the financial aspect.

### PROCESS OF THE ED-OS

The ED-OS in particular is a process-oriented educational support, which follows a clear curriculum, so that the different topics build up on each other and complement each other. This means that you will be trained/educated in and with our philosophy and practice. In addition to a clear plan for building your physical skills, you will also learn why we do what we do, how we do it, and a lot more theoretical background information on various topics related to our practice. Even though you're following a given curriculum, within the topics, however, the structure is based on the individual - i.e. you and your prerequisites.

Therefore, the structure, progressions and intensity does not treat all students equally, but adapts to them individually. We strive for a form of education that combines both old values shaped by experience and new scientific factors. Hence, the ED-OS finds a compromise between a fixed orientation and the individual. An example for this is the Physical Practice where you will not only work on a specific goal but you will get to know the whole range of physical training in detail. The same applies for all the other categories of the JST.



PHOTO BY DEVIN RÜZGAR

The ED-OS expects a longer commitment of at least twelve months. The twelve months are divided into one **macrocycle**, three **mesocycles**, nine **microcycles**, and the individual **training sessions**. The macrocycle provides 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 we work intensively on the given projects. How extensive a phase or mesocycle is always depends on your requirements. The prerequisites can be factors such as time availability, working life, stress levels, physical abilities, etc..

Before you start we will have a physical and mental assessment, where we can get a first picture of you.

Each training phase is based on the previous one, so there is always progress, whether on the technical or the conceptual level. To end a mesocycle always means in a certain way to leave certain topics for the moment and to open for new ones. But some things remain the same. This depends on you and the topic. A microcycle lasts between four and six weeks, depending on your weekly time commitment and the intensity and complexity of the topic(s).

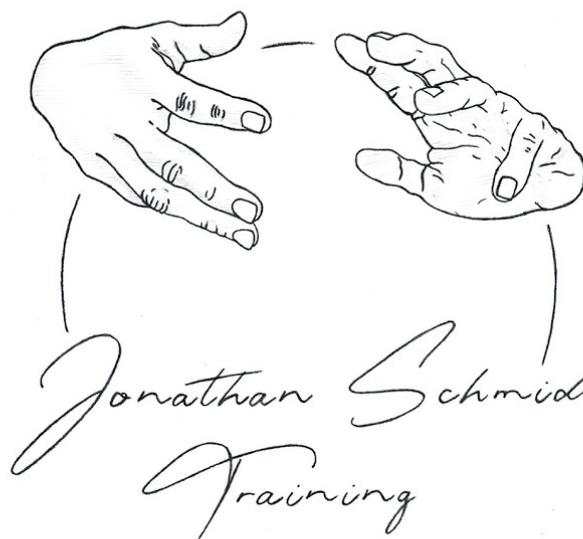
Each phase consists of a detailed PDF document with written descriptions and various video material. In addition to the practical material of the different categories, you will get theoretical material to expand your knowledge. All of this is designed to support and add value to your practice and make sure that you really learn something and don't just do things like a robot. Each phase also has a reflective practice which is your responsibility to lead honestly and carefully. We provide the template for this, but it must be clear: you get out of it what you give into it.

How the first training phase and general planning looks like depends on the individuality of each person. If you have already a lot of training experience you will naturally find a different start than someone who has little or no experience. What is the same is the topics you work through and which build on each other. BUT of course also here we find a highly individual process. Some people need much more time with one building block than others. On another topic it's maybe the other way around. We don't push you too hard, you get the time you need. You don't have to reach XYZ at the end of the year, but you do what you can do.

Our communication platform is Discord. It is accessible free of charge via the browser or available as a free app for mobile phone and desktop. As video platform we use YouTube. Every week you send a compilation video with different training clips (maximum total duration 20 minutes) and questions regarding your phase on which we give feedback. We respond to your video by filming our screen and making a voice over on your video or, if necessary, recording an extra video tailored to your individual needs.

More detailed information about the the whole procedure and communication will be provided in your first phase document and via mail after you have registered for Online Support.

### **GLIMPSE INTO THE ONLINE SUPPORT**



## PROCESS OF THE 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)
- Cognitive Practice (awareness, cognitive tasks, philosophy, creating & crafting, etc.)
- Nourishment Practice (nutrition, meditation, sleep & dreaming, environmental influences)
- External Layer Practice (Permaculture)

### • **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 about various topics (stress, frustration, learning, intermittent fasting, cold exposure, 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 be signed for 12 months only since it is an educational offer and can only fulfill its purposes if there is enough time for it. From experience it is advisable to invest at least 12 months in the ED-OS, because only then you can really dive deep into the practice and see the time intensive advantages. After the 12 months you can decide again, if you do another year and so on. Most students who decide for this offer are staying between 2-5 years, but this is totally up to you and you will see how it goes for you after one year.

- a) 12 months cost 250 Euro/month (3000 Euro in total)
- You can decide in advance if you pay all at once 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.

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.

On an extra note if you are wondering if it is worthwhile to participate in ED-OS even if you are short on time: The answer is yes and no. It all depends on what you want to get out of it and how high your standards are. Of course, with more time you can do more things at the same time. If you have less time, you'll just take longer. However, this is not a problem from our side. We have many different students with different everyday life. Therefore there is no time limit, because functioning does what fits into your life. Nevertheless, we can recommend from experience that it is worth investing 90 minutes for four to six days a week if at all possible. More is often better, but not always necessary; less is better than nothing, but it should be clear that this results in a different process. Also have in mind that we not only talk about the physical work you have to put in but also about the time for reading/watching and working through articles, questionnaires, videos etc.

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All further and deeper information you need from us and we need from you will be given to you after you have decided to participate in the ED-OS and want to work with us.