

QI GONG, SELF-ACUPRESSURE AND YOGA OF THE MERIDIANS

WORKSHOP

October 27, 2018, 9 :30 to 11 :30 am

In this workshop, we will warm up with Qi Gong, then perform self-acupressure points and we will finally flow in a yoga sequence opening our meridians, a cycle to improve your Qi. Please bring your yoga mat!

Hope to see you all this Saturday!

Your teacher,

Chantal Ouellette



Bio

After extensive experience in competitive sports, personal training and lots of time spent as an adventure guide, I was naturally attracted to yoga! For more than ten years, this pathway has been a therapeutic way to maintain and balance body-mind and soul. I graduated from a 300 hours certificate and have been teaching for five years, in Ashtanga, Hatha, Sivananda, Flow and in Yin yoga styles.

Complementing with my yoga teaching, I have been professionally practicing massage therapy for five years and am specialised in deep tissue/ myofascial release, lomi-lomi (Hawaiian massage) and thai massage-yoga.

Being introduced to Qi Gong in an outdoor rock climbing setting decades ago, I recently went to the famous 'Tao Garden' for an intensive workshop in medical Qi Gong.

Anatomy, health, as well as experiential learning