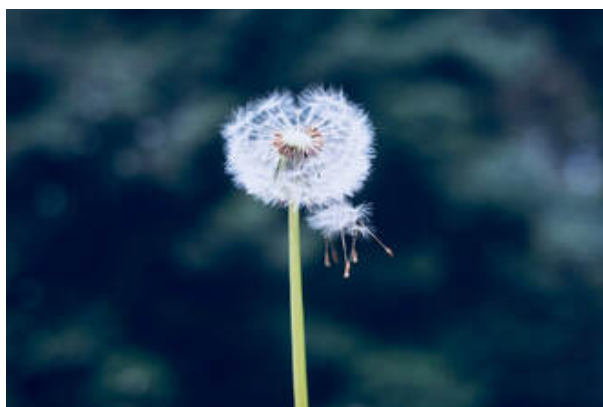


21 Day Qi-Yoga Program



For 21 days, you will be guided to follow through with your daily therapeutic Qi- Yoga practice. After a take-in session where we get to know each other, I will design a personalised daily practice, a combination of Qigong and Yoga therapy. You will receive your custom made Qi-yoga practice on video.

After you have practiced this sequence for a week, we will schedule a follow-up session in which we explore any challenges that might have come up. You will receive 21 daily inspirational videos, during those 21 days I'll provide personal guidance if any questions arise. [Investment for this program is 121 euro.](#)