



My name is Cat (Gert) De Schaepmeester and I am inspired by the connection between body and mind. I got in contact with Chinese medicine through an injury, which completely changed my view on life and the body. Through stimulating the energy lines using Acupuncture and some dietary adjustments, the chronic inflammation of my knees disappeared, which enabled me to finish my Master's degree in Physical Education. Since that day, Qigong and Yoga became a fundamental part in promoting a healthy sportive lifestyle.

After combining teaching Physical Education and leading 'off the beaten track' tours in Asia, I started organising Yoga retreats. My Qi- Yoga lessons are inspired by all the authentic teachers I have encountered on my personal Quest in Asia, from teachers in the Tibetan Buddhist tradition and Chinese Medicine to true Yogis and Yogini's. Once we start to sink from the head to the body and start living from the heart, a new world, filled with joy and self-love opens up. Rather than focusing on how our yoga poses look, from a therapeutic viewpoint, I focus on Yoga and Qigong techniques that can relieve pain and help people.

This year, I have personally experienced that the psychological pressure of a chronic illness can be as high for the partner as the sick person. The different facets of Qi- Yoga therapy have been the guideline in the healing process of my wife, especially coping with strong emotions and uncertainties. In particular for treating chronic (back) pain, a personal daily practice is healing, puts you into your power, releases tension and calms body and mind. In Yoga Therapy, we see you as a whole person without identifying you with the disease.

I look forward to share my passion with you, Cat x