

VA Qigong COACH CERTIFICATION by Veteran's Health Pathways, LLC



LEARN THE METHODS OF QIGONG BREATH WORK TO HELP VETERANS:

Qigong promotes alignment of breath, posture, mental awareness, visualization and simple focused movements. These practices:

- Improve lung capacity
- Strengthen diaphragmatic breathing
- Harmonize breath work and movement
- Stimulate and pump the lymphatic system
- Bring instant calm and relaxation to the mind and body
- Cultivate a sense of wellbeing and healing

TOPICS COVERED INCLUDE:

- Breath exercises to strengthen the mind-body connection
- Movement exercises that improve the ability to breath, increasing lung capacity
- Exercises designed to pump the lymphatic system
- A simplified Qigong basic form that can become the basis of a daily practice

WITH THIS CERTIFICATION YOU CAN HELP VETERANS WITH:

- Chronic fatigue syndrome
- Anxiety, depression, and anger
- PTSD
- Lymphedema
- Parkinson's
- Asthma
- Immune system impairments
- Injury recovery
- Cancer recovery



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