



**Mindfulness Everyday is pleased to partner
with Noel Wright Yoga
to provide a 15-hour Foundations Course
in Qi-Yoga
Created and Presented by Noel Wright**



Blending the best of Yoga and Qigong & Traditional Chinese Medicine

Qi-Yoga combats stress, insomnia, pain, anxiety, seasonal allergies, arthritis, headaches, menopause by combining acupuncture, Qigong and Yoga while working with the 5 Elements of Traditional Chinese Medicine.



Qi-Yoga Foundations

CYA Continued Education Certification

15-hour Course Details

Hybrid Delivery: April 12, 20-21, 2024

Friday Apr. 12 on-line via ZOOM 6-8 pm

Saturday Apr. 20 in-person 9:30 am-5:30 pm

Sunday Apr. 21 in-person 9:30 am-3:30 pm

Fee: \$425 (limited spaces available)

In-person location:

Tai Chi and Meditation Centre

320 Broadview Ave,
Toronto, ON M4M 2G9

Learn Qi-Yoga®
the ultimate Yoga, acupuncture and Chinese Medicine practice
for health and aging.

Stand out as a Yoga - Mindfulness instructor.
Learn about Qi-Yoga for your own personal health.

REGISTER NOW

