

QIGONG

For Pregnancy

**ONLINE CLASS
THURSDAYS
9:30-10:30 AM PST**



Learn Qigong

- An ancient Chinese method of energy work that uses mindful movement, breathing, and meditation
- Safe for all pregnant people of any fitness level and stage of pregnancy



Nourish your pregnancy

- Learn to feel the flow of energy
- Harness life force energy to nourish yourself when you feel depleted
- Radiate love and light energy to your baby



Prepare for birthing

- Release fear, stress, and worry around birthing and mothering
- Explore powerful embodiment and breathing practices to build your confidence and internal wisdom for birthing



**Scan to learn more
and register**

About the Instructor

Dr. Wren McLaughlin (she/her) is an integrative women's health coach who has been studying medical Qigong for the past 8 years. Drawing from her own experience with Qigong during pregnancy and her expertise as a women's health physical therapist, Wren creates a joyful and nourishing environment for all pregnant people seeking health, healing, and community.

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www.wholewomenwellness.com