

QIGONG

For Pregnancy



Scan to register

6-WEEK COURSE
BEGINS JANUARY 22ND

MONDAYS 9:30-10:30 AM

@ Aikido Peace Education Center
1101 N State Street, Bellingham

Class meets 1/22, 1/29, 2/5, 2/12, 2/26, 3/4
Cost: \$120 for series (drop-ins welcome)

Learn Qigong

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

Nourish your pregnancy

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

Prepare for birthing

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



About the Instructor

Dr. Wren McLaughlin (she/her) is an integrative women's health provider who has been studying medical Qigong for the past 10 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.

To Register: Use QR Scan, or go to <https://p.bttr.to/3ydl7pJ>

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www.wholewomenwellness.com