

QIGONG

For Pregnancy



Scan to register

FREE ONLINE INTRODUCTORY SESSION
May 1st, 4:30- 5:30 PM PST

Class recording will be provided to all who register

6-week online course begins May 15th 4:30-5:30 PM 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

- 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 coach who has been studying medical Qigong for the past 9 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://l.bttr.to/Nh28A>

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www.wholewomenwellness.com