



Learn Qigong & T'ai Chi

Evidence-based online programs

Wa-Qi.com provides a variety of programs and live online classes. Master Yang Yang, PhD, combines ancient wisdom from traditional Chinese Qigong and T'ai Chi practice with modern science. Start your practice now!

Online Programs

- WaQi for Sound Sleep
- WaQi for Balance
- WaQi for Stress and Mood
- WaQi for Cancer Care
- Meditation of the Week
- Movement of the Week

www.wa-qi.com

Benefits

- Improve sleep, mood, and balance
- Decrease pain, fatigue and burnout
- Cultivate tranquility, happiness, and resilience
- Practice anywhere, anytime
- For all ages and fitness levels
- Guided by a master teacher

Live Online Weekly Classes

Weekly meditation and movement

- Sat 10-11am ET fundamentals
- Sun 10-11am ET advanced
- Energy workout for the week!

www.wa-qi.com/wa-qi-live



Master Yang Yang, Ph.D., is a renowned Qigong and T'ai Chi master, educator and researcher who collaborates with scientists at major medical institutions to study the benefits of Qigong and T'ai Chi. The founder of the Center for Taiji and Qigong Studies, Dr. Yang authored the acclaimed book: *Taijiquan: The Art of Nurturing, The Science of Power*. He has developed the unique WaQi (Youthful Energy) programs by integrating these ancient arts and evidence-based science.

"Ten stars (out of five)! Master Yang is a true teacher and an exceptional communicator; generous and kind."

— Kim L.

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