

### Active Session: Qigong

**Presenter:**

Paula Perron

**Description:**

CFQ Qigong is a unique form of gentle movements that work with both mind/body connection and meridians. It is easy to learn and accesses the body's natural healing ability restoring health and wellness. This ancient wisdom has helped with many health problems such as stress, chronic pain, anxiety, depression, trauma, food and environmental sensitivities, insomnia, fatigue, high blood pressure, recovery, and many other conditions. In today's session Paula will be guiding you through some of these soft movements followed by discussion on Qigong treatments.

**Biography:**

Paula Perron is a certified CFQ Qigong and Meditation Instructor. She has trained extensively in the CFQ system of healing for over 10 years in Canada and Malaysia and is licenced as a Massage Therapist.

