SHORT BIO:

Loretta Wollering, MS is a seasoned tai chi and qigong teacher, formally published book author, and event producer. She loves introducing people to outside-the-box solutions to physical and mental health challenges, using the ancient Chinese holistic practices of tai chi and qigong.

Over 30 years, she has helped thousands find highly self-customized solutions where conventional treatments fell short. Her immersion in Chinese culture and 8-year apprenticeship to a Chinese tai chi master ensure her solid background in the healing arts and martial arts. Her added secret of effectiveness includes her background in anatomy & physiology. She offers a wide range of private sessions and group classes globally. To contact “Shifu” (teacher) Loretta, please visit her online school website: InternalGardens.com (please pardon current updating). Or email her at: InternalGardens@yahoo.com. All people and questions are welcome!

MORNING “RISE & SHINE” WORKSHOP DESCRIPTION:

Thousands of years and millions of people can't be wrong. So well-known in the East, and yet, these health-bestowing secrets are only now beginning to be studied and praised in the West. These are the wonderful Chinese holistic arts of tai chi and qigong. Using various breathing, meditation and stretching techniques, qigong is a simple, yet intense health and energy practice that makes you feel rejuvenated, healthy, and full of life. Tai chi, with its roots in martial arts and Eastern philosophy, is a set of meditative movements that corrects health imbalances and develops an internal strength of the mind & body. Each morning, “Shifu” Loretta Wollering will give you a taste of tai chi and qigong that will refresh you for the day, so that your mind is sharper, can retain more, and invigorate your body to remove stagnation and stiffness. Calorie-free, brighter than coffee, and giving you an extra “spark” unlike anything else... Why not give it a try?