

June 18, 2016 - Presentation by Andrea Sullivan

Trusting Our Body's Wisdom!

Qigong Wisdom - Meaning behind the movements

Each form of Qigong has a medical, spiritual or martial application, each with unique wisdom, healing and virtuous property's that relate and tell a story within the movements. Experience the resilience of each movement as you embody the visceral purpose in the mind and spirit of Qigong.

Biography

Andrea Sullivan is a Medical qigong and Shiatsu teacher and practitioner. She began her studies with her father who had a background in Tai Chi, Qigong and Meditation. As well as her mother who had a holistic health and herbology background. Andrea broadened her studies of qigong, Tai Chi, and Traditional Chinese Medicine. In 2005 she graduated as a Shiatsu practitioner and continued her studies of medical qigong and meditation with Sarina Stone. In 2006 Andrea traveled to Chiang Mai, Thailand to study with Master Mantak Chia. She was certified as a Universal Healing Tao Instructor including traditional Taoist meditation, medical qigong, and CNT (Chinese abdominal massage.)

Andrea continues her practice and studies of Tai chi, Bagua and Qigong with Sifu Ray Hayward and Master Wu. She currently teaches Qigong classes at the 5 Element Academy at Twin Cities Tai Chi Chuan Studio and offers health workshops and is a Shiatsu teacher at CenterPoint school of massage and shiatsu.

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