

# Vitality and Energy Management

## 6 -Week Course

Prepared by Fiona Mackillop  
Community Women's Health Centres



This Vitality and Energy Management Course will introduce the ancient healing art of qigong, meditation and practical wellbeing techniques to restore physical and emotional health. Participants will be introduced easy energy gathering exercises, several meditations practices and wonderful tips to enhance vitality and assist with self empowerment to optimal health.

This course is based on the principles of qigong (*pronounced chee kung*), which is a comprehensive approach to health, wellbeing and longevity and has been an important component of traditional Chinese medicine for thousands of years. Its profound health benefits are now being validated by western research and include: improved immune function and metabolism, stabilising of blood pressure, reducing of the effects of aging, increasing mental activity and memory, relieving fatigue, insomnia, anxiety and depression.

This course will enable participants to:

- ♥ Learn many new tools for stress management
- ♥ Skillfully manage their energy levels on a daily basis
- ♥ understand more deeply the flow of energy through the body and how to replenish it.
- ♥ tap into their own empowering healing abilities
- ♥ Improve immune function and metabolism
- ♥ Open to a more positive relaxed outlook on life
- ♥ bring balance to body mind and spirit

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*This course is Ideal for anyone wanting to enhance their vitality, quieten their mind, balance their emotions and connect with a deeper sense of peace within.*

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**Duration:** 2 hour weekly sessions over 6 weeks

### Facilitator – Fiona Mackillop

Fiona has had over 18 years experience in Qigong training and 14 years of teaching and running workshops. She has found the practices invaluable in her recovery from chronic fatigue syndrome and in maintaining her own health and vitality.

### Profile

Fiona is an experienced Wellbeing Facilitator who combines various life enhancing modalities to assist individuals to alleviate stress, restore balance and to enhance their vitality. She is passionate about sharing the practices of meditation, qigong, laughter yoga, movement and creativity in a fun and interactive way to help others to improve their quality of life. With over 18 year experience in Qigong and Meditation training she has taught classes and workshops extensively in Australia and also overseas. She has her own home clinic assisting others through providing energetic and sound healings. She has co-founded 'Wellbeing Retreats', a business based on assisting others to find inner peace, optimal health and balance.