

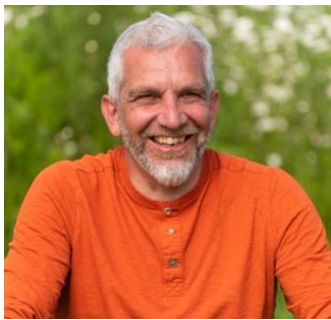


The Qigong Academy

the home of mindful movement

John Millar

Having been introduced to Qigong in 1997 by my Reiki teacher, I immediately knew it was something that made sense to me. I started searching for a teacher and was soon studying with some amazing teachers from China, the UK and Australasia.



Over the next 12 years I studied in 7 different styles of qigong, being sanctioned to teach in 4 of those styles, but it quickly became clear that I needed to devote myself to a single form, and that form was Zhineng Qigong.

By 2011, I had started working with 2 qigong friends in the UK to develop a teacher training programme that worked alongside Chinese Teachers to train qigong teachers to a level that was acceptable to both the traditions of the practice, and the requirements of western society. This was the birth of the 3 Monkeys School of Qigong, and the school ran for 10 years.

The collaborative nature of the 3 Monkeys in developing high quality training and finding approaches that work with both the Chinese traditions and western needs continues today through The Qigong Academy. You can find us at:

www.qigongacademy.co.uk

A bit more about my John:

Since becoming a full-time qigong teacher in 2010, Zhineng Qigong has provided me with the depth of understanding, and the flexibility of approach to work with a broad range of clients. As well as pure qigong training, I've been fortunate enough to have used qigong to teach leadership and communication skills in the UK, mainland Europe and the Middle East and my work around wellbeing has meant I've been asked to develop multiple programmes and protocols for both Universities and Western Medicine Professionals.



My long-term aim is to help bring the benefits of qigong to everyone, and my work with businesses, Universities and other healthcare professionals is done with the intention of creating mutual understanding and respect so that we can all work together for the benefit of everyone and everything.

I believe that Qigong should be simple enough to be accessible while being profound enough to offer constant learning and insight. It doesn't matter how long you've been practicing; we are all learning, and we can all learn from each other.

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And you can find out more through www.qigongacademy.co.uk