

Journey Inwards - Succeed Outwards



Learn Qi Gong From
Your Own Home
With Live And
On Demand Classes

- **Enhances Physical Health:** Qi Gong improves flexibility, balance, and strength, promoting overall physical well-being.
- **Reduces Stress:** The gentle movements and meditative aspects of Qi Gong help calm the mind, reducing stress and anxiety.
- **Boosts Energy Levels:** Regular practice increases vitality and energy, helping you feel more vibrant and alive.
- **Improves Circulation:** Qi Gong exercises stimulate blood flow and improve cardiovascular health.
- **Enhances Mental Clarity:** The focus required in Qi Gong enhances mental clarity and sharpens concentration.
- **Promotes Emotional Balance:** Qi Gong helps regulate emotions, leading to greater emotional stability and resilience.
- **Strengthens Immune System:** Consistent practice of Qi Gong strengthens the immune system, helping you stay healthier.

Ready to transform your life with Qi Gong?
Let's get started on this journey together!
Click The Button Below - See You Soon





UK Kookhak Ki Gong Winning Team 2016

In November of 2016, the UK Body Brain Yoga organisation sent a Ki Gong team to compete in the 4th Kookhak Ki Gong competition held in Daegu City in South Korea. The UK team went on to win the International competition. The UK team are very enthusiastic about the benefits of Ki Gong, and how it can benefit everyone's health and well being.

Kookhak Ki Gong is a Korean form of Qi Gong, and is a comprehensive mind, body and spirit practise.





How Other Members Have Benefitted From The Academy With The Practise Of Qi Gong

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Testimonial

"I Have Really Benefitted From Peter's Coaching. I was Struggling With High Stress And Insomnia. "



Liz

“

”

Testimonial

"This Has Changed My Life. Peter Offers The Tools, Courses And Exercises To Transform Your Life. "



Natalia

“

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Testimonial

"Helped Me Deal With An Extraordinary Difficult Situation, With Dignity And From The Heart."



Sylvia

“



Testimonial



I am so glad I discovered Bright Beings Academy. I have noticed many positive changes in my health since beginning Ki gong, in a short space of time. Peter shows care and consideration and teaches in a relatable manner. He has so much knowledge he willingly shares with the aim of helping everyone shine. Fully recommend the academy.

Sharon Fucci
Bright Beings Academy Member

brightbeingsacademy.com



Testimonial



Peter is a great instructor. He is a Master of Body and Brain and uses many principles in his teaching. He explains what he is doing and how it helps the physical body. There is a connection between the physical and mental body. He is a good leader and uses his knowledge and humour to make his classes enjoyable for all ages. Bright Beings Academy will enable you to take time out for yourself and benefit yourself for future growth.

Janet Atkins
Bright Beings Academy Member

brightbeingsacademy.com



Testimonial



It is a fantastic experience learning with Bright Beings Academy, and Peter Paul Parker. Peter is friendly, knowledgeable, accessible and efficient. The approach is structured to allow you to progress at your own pace.

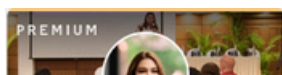
Rhoda Cambell
Bright Beings Academy Member

brightbeingsacademy.com





How Linked In Members Have Benefitted From The Academy With The Practise Of Qi Gong



Maheen Noor Soomro

Everything about HR in Techspace
(Business Partnering | Culture
Activation | People & Policy)

[View full profile](#)



Maheen Noor Soomro (She/Her) • 1st

Everything about HR in Techspace (Business Partnering | Culture Activation | P...
2d •

Thank you so much for the amazing session [Peter Paul Parker](#). Ki-Gong Fridays at Visionet EU and UKI always leave me feeling ready for the weekend!

Nothing better than ending the week with some refreshing exercise for mind and body!

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Why Practise Kookhak Ki Gong?

Kookhak Ki Gong is a practise established in South Korean to help the modern western mind tap into the eastern philosophies of the mind body and the spirit.

Ki Gong has been practiced around the world for thousands of years. Ki Gong focuses on the breath, the mind and the body. Promoting deep breathing, the focusing of the mind, and gentle exercise of the body using universal energy, Ki Gong is for everyone.

This very simple and ancient practice can cover all age groups. There are many health benefits to practising Ki Gong, and these are well documented. In today's fast moving world, Ki Gong is a great way of helping to combat stress, anxiety and depression. In these times, it is important to take time for yourself, and Ki Gong is a fantastic way to do this, either in a group and practised by yourself.



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The Academy

