



Frank Blaney

QIGONG/TAI CHI and Self-Care Expert

www.FrankBlaney.com

Qi Gong/TAI CHI and Self-Care Expert

Is a professional speaker and author who is passionate about sharing the easy, simple, and time-tested self-care practices of Qigong and Tai Chi. His mission is to empower communities and individuals to be equipped in being proactive and take charge of their own health and wellbeing.



Author of Qigong: The Quick & Easy Startup Guide. Now available on Amazon.



Certified Qigong and Tai Chi specializing in health care management and stress reduction.



Available for TV, Radio and Web interviews.



Published in: LAYoga Magazine and Inside Kung Fu Magazine.



Keynote Speaker & Presenter for businesses, groups, and organizations.



Call Less is More Press for details & Bookings : 323-536-1710



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QI Gong/TAI CHI and Self-Care Expert

Frank Blaney has worked for 12 years as a certified Qigong instructor in the Los Angeles area. He has taught at numerous venues and has a focus on empowering his students with the easy self-care practice of Qigong and Tai Chi. He is the author of the dynamic new book, "Qigong: The Quick and Easy Start-up Guide." Available now on Amazon.

He has worked for many years with youth in the low income communities of Los Angeles, equipping them with skills in conflict resolution, sexual assault and relationship violence prevention and in prevention gang and community violence.

Mr. Blaney is a professional speaker, trainer, and author who is passionate about self-care. Empowering individuals and communities with the easy and ancient mind-body modalities of Qigong and Tai Chi is his passion. In his dynamic presentations, Mr. Blaney integrates easy to do principles of holistic health from a Traditional Chinese Medicine perspective.

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Qi Gong

The Quick & Easy Startup Guide

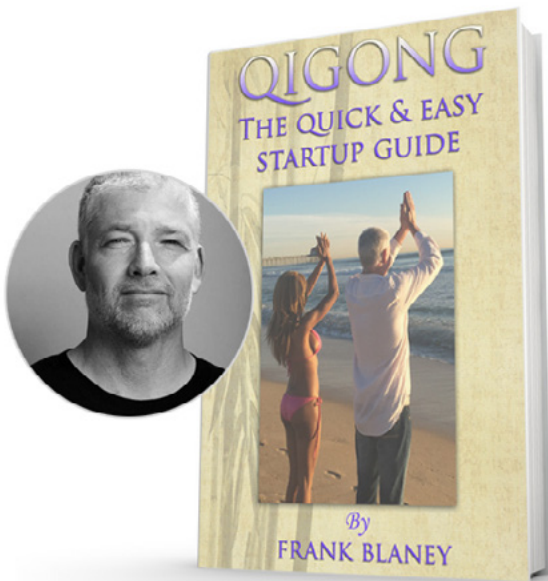
Book Author

Certified Qigong Instructor Frank Blaney takes Health and Balance to the next level in his new book. Qigong: The Quick & Easy Startup Guide, published by Less is More Press.

Synopsis: You really want to get your life back onto the fast-track to health as quick as possible?

This book will get you experiencing the power of Qigong in the few brief minutes it takes you to read it. By reading these brief words and doing the very simple exercises described, you can start feeling the power of Qigong quickly, rather than plowing through a lot of reading about Qigong. The easiest and most powerful way to learn is to experience something. This “Start Up Guide” is your tool to experience this fun, easy, and healing gift called “Qigong.”

“QIGONG: THE QUICK & EASY START UP GUIDE” is written with your situation in mind. Time is short and you really do not have time to weed through a lot of reading about Qigong, you need to just do Qigong. You need information that is quick and to the point. This is your health we are talking about!



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Skills/Knowledge

Qigong: (pronounced “Chee-Gong”) and engages participants in safe and mild Qigong movements. Based on the principles of Traditional Chinese Medicine, Qigong is an ancient Mind-body practice that enhances our health, well-being, mental focus, and reduces toxic stress. The movements demonstrated will help participants reduce stress and enhance their well-being and overall health.

Conflict Resolution encompasses the methods and processes involved in facilitating the peaceful ending of conflict, and de-escalates the retribution-cycle.

Self-Care Expert: Along with Qigong and Tai Chi, Mr. Blaney has been studying and teaching simple and easy to integrate self-care techniques, based on Traditional Chinese Medicine and Indigenous Healing Practices from around the globe.



Keynotes, Breakouts & Training Available

Qigong: Your Quick and Easy Startup Training

This is an exciting experimental immersion into the simple, and yet profound mind-body modality of Qigong. This course builds a strong foundation in integrating simple Qigong movements and routines into participant’s lives. Participants leave knowing, and experiencing the principles of Qigong, self-care, and life balance.”

S.T.A.R.T. - Self-care Techniques And Relationship Training workshop is an interactive training that includes discussions and exercises designed to teach individuals how to create and sustain healthy relationships be it professional, platonic, family or romantic relationships.

Easy Self-Care for Professionals - This training is designed to help professionals to integrate easy self-care techniques into their daily lives in order to reduce stress, enhance wellness, and improve performance. Qigong, Tai Chi, meditation, self-massage, holistic nutrition, life-balance, life-change integration, and utilizing the power of the mind for performance enhancement are just some of the skills shared in this training.

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