

Qigong Mentorship Programme with Mimi Kuo-Deemer



mimi kuo-deemer
qigong | mindfulness | yoga

This is to confirm that on December 10th, 2021,

Rakhee Jasani

*completed a year-long, online mentorship course, consisting of 110 hours of
live Zoom sessions and practice/training time.*

The mentorship included:

teaching qigong forms and meditations/visualisations included in *Qigong and the Tai Chi Axis*; Chinese Five Element principles and theory; energy and organ/meridian principles and theory; guidelines on how to structure and plan classes; intentional use of imagery; how to use language; teaching to mixed abilities and backgrounds; teaching practice and peer feedback; safety and contraindications in practice; and authenticity and the role of the teacher.

Mimi Kuo-Deemer
www.mkdeemer.com

December 10, 2021

Date

“The journey of a thousand miles starts from beneath your feet.” - Dao De Jing