

# **Beverly Kune Teaches Qi Gong For Better Chi, Health, Vitality, Wellbeing And Energy**

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Beverly Kune, from Inside Out Healing, based in Santa Fe, NM, is proud to announce that she is now a certified instructor of all three levels of Supreme Science Qi Gong. She is currently teaching private classes in Santa Fe. Furthermore, she has integrated Qi Gong into her Mind-Body Integration practice, using it to facilitate a greater sense of well-being, self-empowerment, and overall health. Full details are available at <http://community.qiactivation.com/instructor/Beverly-Kune>.

Beverly Kune herself says: "It is impossible to quantify all that Qigong has done to enhance my overall sense of well-being and wellness. My stress resilience has gone way up, my sleep is deeper, aches and pains have vanished, and I feel lighter and more buoyant. The benefits of Qigong also carry over to my work as a Mind-Body Integrative Therapist."

Kune explains that Qi Gong is a discipline that helps people to build both strength and energy. It uses breathing techniques, meditation and movement, and combines these into a seamless practice. Qi Gong can be enjoyed by people of all ages, with some saying it is the secret to living to at least 100. Children also enjoy the discipline a lot, providing adult participants with their amazing abilities and out of the box insights. Full details about the discipline can be accessed through <http://qirevolution.com/qigong-healing/>.

For Beverly Kune, the focus is strongly on integrating the mind and the body in order to develop real results. She asks, "Do you sometimes wonder why it can be so hard to change the way you think, feel, and act in certain situations, even though you know better and even though you've been in therapy, or read lots of books, or gone to seminars?" She explains, "Unfortunately, most therapy only engages the mind and cannot access or change the deeper patterns, beliefs and programs that underlie how we are in relationships and other challenging areas of our lives."

In Kune's approach, as shown on her website at <http://www.wholeselfhealing.biz>, healing is all about being holistic and thinking about the person as a whole. In so doing, people can learn how to heal themselves from whatever ails them.

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For more information about Inside Out Healing, contact the company here: Inside Out Healing Beverly Kune 505-500-4672 bkune@insideouthealing.com 1474 St. Francis Drive Santa Fe, NM 87505

## **Inside Out Healing**

*Whole Self Healing, Empowerment Coaching, Mind-Body Integration, Personal Mentoring, BioField Analysis;  
Helping people lead, self directed & fulfilling lives by enhancing wellbeing on all levels: mental-emotional, relational,  
physical, psycho-spiritual*

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