



Pagoda Wellness

## **Virtual Qigong and Meditation “Frequently Asked Questions”**

### **Do I need a webcam to participate?**

No, you do not need a webcam. With the Adobe Connect program, you only need a high-speed internet connection.

### **What are the system requirements?**

You must have high-speed internet. This includes cable, DSL, 3G, 4G, etc. A dial-up connection is not recommended. You can connect with your computer, notepad, TV (that supports internet), phone, or any other device with high-speed internet. If you are concerned about your connection, please contact us and we can test it.

### **I don't have any experience with qigong or meditation. Is experience necessary?**

No experience is needed. New members join the class all the time. Exercises are presented and instructed in a manner that benefits beginner and advanced participants alike.

### **Are qigong and meditation safe for me?**

Every participant will fill out a brief form prior to starting the class to evaluate readiness. If you have clearance from a medical professional to complete mild to moderate exercise, there should be no problem with qigong. Every exercise can easily be modified for limitations and restrictions.

### **How do I register for the free class?**

Please contact Ashley at [Ashley@PagodaWellness.com](mailto:Ashley@PagodaWellness.com). A username with Adobe Connect will be created for you, allowing you to access the live class. That's all you need to do!

### **Do I need to attend live classes?**

No. After each live class, the recorded video link will be sent to everyone who is enrolled, whether you were able to attend the live class or not. You can practice with the recording as many times as you would like until the next class.

### **Can I ask questions during the class?**

Yes! We love participation. There are two options: we have a chat box that you can type questions into at the beginning and end of class, as well as on breaks. You can also ask questions verbally at any time if your computer has a microphone.

**Will I be recorded on camera?**

We respect and value every individual's right to privacy. You enter the room with your username (first name, last initial). Only Ashley's video will be recorded. If you choose to ask questions with your microphone or to type into the chat box, this too will be part of the recording. Only if you wish to turn your webcam on will your movements be recorded.

**What does the cost include?**

The ten-week program includes access to ten consecutive live classes and their recordings. After each class, a link to the recorded video will be emailed to you, and you can access that link until the next live class.

The drop-in class includes access to the live class and the recorded video from that class for 7 days.

**Can I sign up for the ten-week program and use those classes non-consecutively?**

The ten-week program is offered at a discounted rate to promote and reward commitment to qigong and wellness. The ten weeks must be used consecutively, even if you miss a class. This option is based on time, not attendance. If you would prefer to attend non-consecutively, you can always purchase classes one week at a time.

**How do I access the class?**

Prior to each class, a link will be sent to your email address. After each class, a link to the recorded video will be sent that can be accessed for 7 days.

## Qigong Testimonials

- “The virtual class provides the flexibility needed to help keep a commitment to do qigong whenever time allows. Ashley’s experience and excitement in being able to share the qigong experience with others and her ability to keep us motivated and interested in learning the movements makes her class “fun”. Even the tricky movements are broken into easy to follow segments. Also, being able to ask questions during the class time helps us to correct, modify, or review anything we are having issues with.” – *Marion*
- “(Qigong) makes the mind more alert and active. Better balance, very good for joint improvements and relaxation. It should also help with immunity by being active. Ashley relates well to everyone in the class, knows qigong, and explains how to do it very clearly. She is a great instructor.” – *Maureen*
- “The greatest benefits for me: no driving to a class, we can still chat with Ashley during or after if there are questions, the recording is available for later viewing. I love the fact that Ashley is always questioning what the participants are looking for, what should change or stay the same. Teaching us the philosophy of qi gong is an added benefit.” – *Alison*
- “It leaves me feeling calmer and stronger. (Personal benefits include) stress relief and total body fitness. Ashley is so knowledgeable and has a relaxed manner for teaching. She explains all the moves very thoroughly – physically and inner body channeling.” – *Mitzi*
- “I started qigong as an alternative to a stretching routine I was doing to alleviate periodic pain in my shoulder. The flowing movements keep my shoulder loose and I have not experienced pain since. The unexpected side effect is that I found it relaxing and stress reducing.” – *Ron*
- “(Personal benefits include) stress relief, contentment, reconnection with my body, insight, happiness. Even when we’re totally messing up, we can smile about it and feel good. I’m learning a lot in a comfortable atmosphere.” – *Jayne*
- “Never having taken qigong and not knowing what qigong was, I have become a convert. I’ve had lower back problems for years. I have to say I’m amazed at how much better my lower back has been feeling”. – *Marga*
- “Qigong has helped my arthritis, balance improvement, breathing. Ashley is very caring and thorough in all she teaches”. – *David*
- “Qigong has helped improve the strength of my muscle groups, relaxed my mind and allowed me to be less affected by stress. It incorporates much more than the physical attributes. I carry Qigong with me throughout the day and can apply it to my life in many situations. As a group Qigong has enabled us to do a work out via the internet not only live but also during the week if we choose to. Participating in an online class helps to build a healthy community, even though we use a distance learning tool. We have never had a class that was so fulfilling. It is very important to us to have an instructor with the proper education and skill for classes. Ashley is well versed in many areas and is an attribute to learning. If we have questions or problems she is able to individualize a solution for us.” – *Jamie* (group leader)