

Jeannie Koran CQTCI, (Certified Qigong Tai Chi Instructor)

CAHF (Certified Add Heart Facilitator),

Certified INHC (Integrative Nutrition Health Coach) and Wellness Advocate

Tai Chi and Qigong (TC & Q) are powerful health maintenance practices steeped in 2000+ years of body-mind wisdom. Practicing TC & Q provides you with an ingenious 2 -for-1 reward: you accumulate the benefits of both physical exercise and meditation within one form of movement. TC & Q is fun, relatively simple and gentle yet very powerful. Studies show the health benefits include: to increase relaxation, to balance blood pressure and cholesterol, to improve joint mobility, general balance, coordination, stamina, bone density, immunity, memory, focus, and sleep quality.

Jeannie Koran is a well-known and loved Tai Chi and Qigong instructor throughout Northeastern Ohio. In 1996 Jeannie began studying Qigong Tai Chi and was so inspired by the powerful holistic benefits of these health maintenance practices that she pursued her certification from the Qigong Academy and has been teaching since 1998. Jeannie also has certifications from The HeartMath Institute, The Institute for Integrative Nutrition Health Coaching and Brain Gym from the Educational Kinesiology Foundation. In 2019 Jeannie began studying Radiant Lotus Qigong for Women with the Daisy Lee.

Jeannie offers an enthusiastic, compassionate, empowering and joyful teaching style in her Qigong and Tai Chi classes. She teaches at Euclid Hospital Rehabilitation Department, the CCBDD Adult Activities Centers, UCP Centers, The Gathering Place and many Community, Recreational and Senior Centers throughout Northern Ohio. She is an after school Nature Club Instructor with The Footpath Foundation.