



## QIGONG SHIBASHI, MINDFULNESS AND STRESS MANAGEMENT WITH DR. VEE FREIR, CONSULTANT CLINICAL PSYCHOLOGIST



**Weight loss** – Dr Vee will help you think about how to approach eating well, healthy food options and cover topics and recommendations how to go beyond calorie counting and food elimination and show you methods to enhance weight management and enable you to rethink the way you approach food.

**Stress management** – Many people suffer with stress that can affect both their minds and bodies in multiple ways. Dr Vee has specific, simple methods to help you manage your stress and see change in a very short time. *Often just one session is all that is needed.*

**Sleep Problems** – If you are plagued by insomnia, Dr Vee can provide you with special techniques based on both Qiqong and Mindfulness that will aid a good night's sleep. Mindfulness practice helps people relate to their problems (be they mental or physical) and the people in their lives in a more productive way and helps bring a greater sense of peace. Mindfulness does take time and effort, but if a person is able to become more mindful and use Mindfulness, research has shown it has remarkable results. *Amount of sessions recommended varies, depending on the person.*

**Getting Fit** –Qiqong Shibashi is a simple, yet incredibly effective way of building muscle tone and getting fit. Especially useful for those who suffer from knee, hip and back problems, for after surgery or for those who have had injuries as it is a gentle form of exercise and can even be done sitting down. The many benefits of Qiqong Shibashi include: increased energy, improved immunity, lowers blood pressure and it can aid a feeling of well-being. *One session may be all you need, but three sessions recommended to learn all 18 movements. Handouts to help remind you of the movements will be given.*

### **About Dr Vee**

Dr Vee Freir has over 30 years experience working with people with mental and physical health difficulties, both in the public and private sector. She has written two books on stress management 'START to Stress Less' (2009) and 'Learn to Stress Less' (2016). She has been a leader in the Mindfulness movement in Scotland, UK and Dr Vee also teaches Qiqong Shibashi to groups and individuals worldwide.

Doctorate in Clinical Psychology (D. Clin. Psy) Edinburgh University  
Mindfulness Teacher, Supervisor and Trainer with NHS Education in Scotland (NES)  
Qiqong Shibashi Instructor, certified by San Bao Martial Arts School, Scotland

For more information, please contact H&W Reception to book a free chat with Dr. Vee