



About Julie

Holistic Nutrition Consultant

I started Whole Choice Living in 2019 with a mission to educate clients on what it means to make healthy, sustainable choices when it comes to their lifestyle and well-being.

Through **nutrition** and **holistic, sustainable life-style practices** I can guide you to your health goals. I provide a safe, confidential, judgement-free space. My programs focus on what whole foods and herbs work best for optimal nutrition and **your** situation. My approach to wellness takes a look at a person's **whole life**: mind, body, spirit, and environment. Each program has a difference focus, but in all of them you will learn about basic nutrition, mindful & intuitive eating, and how to break old habits and replace them with new healthier ones.

I focus on helping women with women's health issues, body acceptance, intuitive eating, blood sugar balancing, gut healing, cancer prevention, & stress management. Take the first step: contact me for your FREE Discovery Session to find out which program may be best for you.



Contact me

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whole choice living

LIVE LIFE WELL

QIGONG PRACTICE GROUPS



Julie Saalsaa, N.C., R.W.P.
providing
Holistic Nutrition Consulting
& Wellness Classes

Frequently Asked Questions

What should I bring to class and wear?

All you need to bring is water to drink. For the 60 minute classes, I provide floor cushions and chairs. You are welcome to bring a blanket, pillow or yoga mat of your own if you prefer. You should dress in comfortable clothes; ones that are easy to move in. If you are able, you will be standing for most of the practice, so make sure to wear supportive shoes, although some people practice SFQ barefoot.

What if I'm physically unable to do the movements?

There are many people who don't have the use of one or both of their arms or legs and they still have gotten great benefit from practicing SFQ. You can practice standing, sitting, or lying down. If you can't move at all, you can still do the exercises and meditations in your mind. Again, the guiding principle of qigong is that everything is energy. Your thoughts and mental images are a very powerful form of energy that can help remove energy blockages and create energy balance that, as Chinese medicine teaches, is necessary for optimum health and wellness.

Is there religion involved in SFQ?

Qigong has nothing to do with any religion. It is the study of energy flow in the body and also the study of the relationship between the body and nature. The more one practices qigong, the more it quiets the mind, helps the energy flow unobstructed through the body, and consequently opens up the spirit or heart energy. When people in the West hear someone say "mind/body/spirit," they mistakenly think the spirit aspect is tied to a spiritual or religious practice. A better translation is "mind/body/heart," as everyone has an innate heart energy that is not the emotional heart of the human, but a heart energy that, when open, is capable of unconditional love and sees the goodness in all people. So if you have a religious belief, you have this heart energy, and if you don't have a religious belief, you still have this heart energy. It is a goal of SFQ to help you open your heart energy so it is easier to practice love, kindness, and forgiveness. This helps develop and purify your overall energy, allowing you to heal much more quickly. You then walk in the world in a much more open-hearted way--a healing presence wherever you go.

What is Qigong?

"Qi" means energy, and "gong" means "to work with". Qigong is simply working with your body's own energy, and is one of the best ways to maintain a healthy lifestyle. I think of it as a moving meditation. Anyone- regardless of ability, age, or beliefs - can practice the techniques of SFQ.

When your energy becomes blocked, you become physically or emotionally sick; when the energy blockages are removed, your body's energy flows with ease and you get better faster-it's that simple.

Qigong has been practiced for thousands of years.

It has been traditionally very complex and surrounded in mystery. Spring Forest Qigong (SFQ) is a revolutionary and modernized form of Qigong, developed by International Qigong Master Chunyi Lin, after decades of study with some of the most renowned Qigong masters in the world.

Master Lin believes that Qigong does not have to be complex or cloaked in mystery to be effective.

He developed a form of Qigong that works in today's world and is so simple it can be practiced by anyone. "Good, better, best" is an important principle of SFQ practice.

Spring Forest Qigong (SFQ) is a practice of breathing, focusing your mind, doing very simple body movements, and meditating. In creating SFQ, Master Lin has blended these components together into a system that is very simple yet so very powerful. Thousands of students have found the practice life-changing.

Because the science of qigong is so little known in the West, this may all sound very complicated, or even impossible, but it is not. SFQ is designed to be very simple to learn and practice, yet very powerful in its benefits.

By joining a SFQ practice group, you will experience a simple, effective system of movements and meditations that can be done anywhere, anytime, and by anyone. No equipment is needed and thousands of practitioners worldwide have reported incredible results in their physical and emotional well-being.

SPRING FOREST QIGONG PRACTICE GROUPS

I lead SFQ practice groups at my Wellness Workshop, online, and will offer them at various places within the community.

30 Minute Class

Includes: introduction, healing movements, 5 minute meditation
\$10

60 Minute Class

Includes: introduction, healing movements, 20 minutes meditation
\$20

For a current schedule of class times, see my website. Pre-registration for in person classes is required as I have limited space. Register online or by calling/texting me. If you would like to bring SFQ practice into your workplace or community group, please contact me for information.



SPRING FOREST
QIGONG