

*Anna Batsakes is a National Board Certified Health and Wellness Coach (NBC-HWC) trained by Duke Integrative Medicine and The American College of Lifestyle Medicine. She is committed to helping people cultivate health, energy and creativity through mindfulness, movement, lifestyle medicine, and education. She focuses on women's health and is a coach, menopause doula, and qigong teacher.*

*Anna has a degree in South Asian Studies/ Religious Studies from University of Wisconsin-Madison. She lived in Nepal in 1987-88 and studied Indo-Tibetan philosophy, culture, and healing practices.*

*Anna studied and taught martial arts, pilates, and somatic movement for many years, She is now dedicated to sharing tai chi/qigong practices for greater health and well-being. She likes to combine the ancient traditions of Qigong with modern embodiment practices to create meaningful mind/body workouts that help people access their body's natural healing response.*

*Anna studied with Lee Holden while living in Santa Cruz, California and is certified to teach Holden Five Element Qigong and The Three Treasures Qigong. She also studied with Tina Chunna Zhang of NYC Tai Chi, and teaches Women Earth Qigong, The Three Treasures Medical Qigong, and BaGua Circle Walking. She is a certified professional qigong instructor by the National Qigong Association (NQA).*

*Anna is a trained End-of-life Doula with INELDA and a certified grief support facilitator for the North Carolina Dementia Alliance. She also facilitates sound healing meditations with alchemy crystal bowls.*

*Anna lives in North Carolina with her partner, Gerald. She is a mother, artist, and lifelong student.*