

Qigong teacher finds online classes boom

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THE Covid-19 pandemic has had a positive impact on a Coast business, expanding its reach overseas.

Pure Greene owner and Sunrise Beach resident Michelle Greene has been instructing Qigong, a form of Chinese exercise and meditation, at local venues for three years but was forced to move her classes online amid the coronavirus pandemic.

Ms Greene said holding her classes via the Zoom platform had been a great success.

"I wish I had done it earlier; it's amazing how a negative can bring something to a positive," she said.

"My regular clients jumped on straight away and I've also got so many new ones coming on that perhaps couldn't make it to classes or can learn something new now that they have the time."

Ms Greene, who has been



MEDITATION: Michelle Greene has moved her Qigong classes online during the Covid-19 pandemic.

practising Chinese Martial Arts for 16 years, said the opportunity to share her passion with more people was fantastic.

"I've got people (who) have jumped on from Victoria and I've got a couple that have

jumped on from Canada," she said.

"It's amazing that my little Sunshine Coast Qigong classes have gone national and international,

"That's why I started teaching in the beginning because I

felt the benefits so strongly and just wanted to be able to share it."

For more information about the Qigong classes or to book visit the Pure Greene website: <https://www.puregreene.com.au/book-online>.