

## **Adrian's Background:**

Adrian VanKeuren was a young child when she began doing “energy work”, seeing the world more as colors of moving energy, guided intuitively rather than existing on the more physical plane. Unfortunately, she quickly bought into the world telling her that this was impossible, not normal, and not an acceptable way of being/seeing; like so many others, she learned to close these gifts off. It wouldn't be until Adrian was about 30 years of age that she returned to embrace the world of energy and its potential.

At the age of 21, Adrian's physical health took a sharp turn for the worse, eventually leading her to be diagnosed with chronic lyme disease, bartonella, babesia, chronic fatigue syndrome, early-onset Parkinson's, fibromyalgia, POTS, EDS, Bell's Palsy and several other “incurable” diseases due to her contracting Lyme. After years of being, at times, bed-ridden and home-bound, abused by and given up on by the mainstream medical community, Adrian finally took her healing into her own hands.

She adopted a lifestyle more closely aligned with nature, focusing on healing herself through diet, healthy living, and meditation, and focusing on her mental and energetic health as much as her physical health. She began taking Tai Chi classes in November of 2016 – hearing her teacher talk about the chi's movement within the body and its effects gave her great hope, *Adrian finally felt like there was a solution at hand*. She began a deep dive into tai chi and other energetic healing arts based on Classical Chinese Medicine. They appealed and made more sense to her more than schools of thought based on western or even yoga or ayurvedic principles. This created a turning point in her life and career path.

Now a certified Tai Chi and Qigong instructor, Adrian is also a reiki master and energy medicine practitioner. She utilizes a mini-Biomat for herself and for her clients, helping them to move stuck chi within the body, which allows the physical and energetic bodies to be brought more closely into alignment. Adrian has done extensive research into trauma and its effects on the body and has studied how to help herself and her clients release that trauma through movement and meditation. Adrian now does her best to live in alignment with her soul's mission, helping her clients rejuvenate themselves physically and mentally.

Register for Tai Chi with Adrian today and let her guide you to rejuvenating your body and spirit!