



Fernando G. Echeveste

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Certified T'ai Chi (Simplified Yang style) and Qigong Instructor
Multi-style Yoga instructor
Usui Reiki Master, Karuna Reiki® Master
Integrated Energy Therapy system (IET) Advanced Practitioner

Work Experience

- Buddha on a bicycle, London, UK**
Tai Chi/Qigong Group classes | on-going
- Parma House, London, UK**
Tai Chi/Qigong Group classes | Apr-Jun 2015
- Reiki Maya summer retreats, Wales, UK**
Qigong Workshops | Aug 2014, Jul 2015, 2016
- Pilates4you summer retreat, Totnes, UK**
Qigong and Yoga Workshop | Jun 2015
- Reiki & IET Treatments, Worldwide**
1-1 60mins, 90 mins treatments | on-going

Education

- The Garuda Studio, London, UK**
Garuda Dhara (chair-based exercise) | Feb 2016
Instructor certificate
- Trimurti Yoga TTC, Goa and Dharamsala, India**
Multi Style Yoga | 500 Hours | Nov 2015 – Oct 2016
Multi-style Instructor certificate
- Tai Chi Nation, Devon, UK**
Tai Chi & Qigong | Feb 2013 – Jun 2015
Instructor Certificate
- Integrated Energy Therapy (IET)**
Level I and Level II | Nov 2013
Advanced Level Attunement
- Reiki Maya, London, UK**
Reiki I, II and Master | Apr – Dec 2012
Usui Reiki Master
- ITESO. Jesuits University in Mexico**
Computer Engineering | 1988-1992
Bachelor's degree

Professional memberships

- Tai Chi Union of Great Britain
- Reiki Federation, The Center of Being Inc.

Profile

Getting into teaching was a natural step for me after I've been an assiduous practitioner of Tai Chi and Qigong since 2005. When I teach I bring my enthusiasm, knowledge and experience in the multiple disciplines I practice to deliver a high quality class. I use my creativity and imagination to customise my classes in order to meet people needs and to overcome venue limitations.

Born and raised in Mexico, after graduating from college with a bachelor's degree in computer engineering and after working on the IT field for 6 years, I moved to the US where I started my Tai Chi and Qigong practice. There I learnt the Yang Style, 150 postures long form.

After living in the US for 11 years I moved to London where I learnt the Yang Style, 37 postures short form. It was in London where I decided to formalise my 10+ years practice and take the next step in my career by becoming a Tai Chi Chuan, Qigong and Yoga teacher. Becoming a Reiki Master and Advanced Practitioner of IET was the perfect complement in my career.

My knowledge and experience collected over time from my own personal practice and strengthened by my formal education along with the natural ability to reach to people, provide me with the ideal abilities to deliver a class people will enjoy and benefit from.

I am fully insured and my insurance covers all my disciplines and treatments worldwide.

Languages & Passports

- Languages: English, Spanish
- Passports: American, British, Mexican