

Bright Beings Academy Launches Online Platform Teaching Korean-Style Qi Gong for Home Workouts

Bright Beings Academy launches a new online platform teaching Korean-style Qi Gong, offering accessible, mindful home workouts through live online classes.



London, United Kingdom Jan 8, 2026 ([IssueWire.com](https://www.issuewire.com)) - Bright Beings Academy has launched a newly redesigned online platform, **brightbeingsacademy.com**, dedicated to teaching Korean-style Qi Gong through structured online learning for people who prefer to exercise at home.

As demand continues to rise for home workouts that support both physical health and mental well-being, many individuals are seeking alternatives to high-impact or intensity-based fitness routines. Qi Gong, a traditional East Asian mind-body practice, is increasingly recognised as a gentle yet effective form of movement that can be practised at home without equipment or large amounts of space.

Bright Beings Academy specialises in **Korean-style Qi Gong**, a form characterised by flowing movements, breath awareness, and focused attention. The practice is designed to support mobility, balance, circulation, and nervous system regulation, making it accessible to a wide range of people, including beginners and those seeking a more mindful approach to home exercise.

The newly launched platform provides guided instruction and **live online Qi Gong classes**, allowing participants to learn directly from experienced instructors while maintaining the flexibility of home-based practice. Live teaching enables students to refine technique, build confidence, and establish a consistent routine, addressing a common challenge faced by people exercising alone at home.

“Many home workouts focus solely on physical exertion,” said a spokesperson for Bright Beings

Academy. “Qi Gong offers a more integrated approach by supporting the body while also calming the mind. It’s particularly well suited to people looking for sustainable movement rather than short-term intensity.”

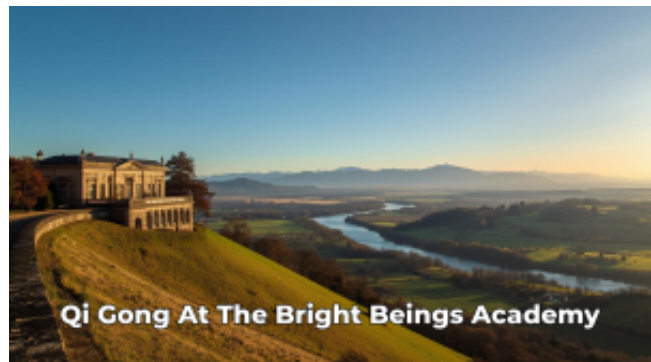
The platform launch reflects a wider shift in the wellness sector toward accessible digital education. For individuals without access to local classes or those seeking flexible options, online Qi Gong provides a practical solution that can be adapted to daily life.

Qi Gong has been widely studied for its role in supporting stress reduction, emotional balance, posture, and overall quality of life. While not presented as a medical intervention, it is commonly practised as a complementary approach to wellbeing and preventative health.

By focusing on Korean-style Qi Gong, Bright Beings Academy distinguishes itself from generic online fitness offerings. The teaching approach emphasises grounding, smooth rhythmic motion, and energy awareness, aligning with the needs of people seeking calm, effective home workouts that support long-term wellbeing.

With the launch of its new platform, Bright Beings Academy aims to broaden access to Qi Gong education and contribute to a growing understanding of movement as a foundation for balance and resilience in modern life.

Further information about Bright Beings Academy and its live online Qi Gong classes is available at <https://brightbeingsacademy.com>



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