



John Pekich, training and instructing since 1980 in various Qi Gong and Chinese Martial arts forms, including single edged sword, has recently completed his 200 hour teacher training from Yoga Works. John enjoys helping people to overcome chronic ailments, as well as increasing functional fitness.

“The things I treasure most are family, surfing, and my two professions, landscape design, and exercise instruction. My mission in life is to make a difference in this world by improving the quality of life in my students, as well as the beauty of our environment.”