



Bright Beings Academy Press Kit

Peter Paul Parker | Qi Gong Champion And Nervous System Specialist

Peter Paul Parker is a Qi Gong Master, teacher, and founder of Bright Beings Academy. With over 20 years of experience in mind-body practices, he supports people who feel overwhelmed, anxious, or disconnected to reduce stress, regulate their nervous system, and return to a calmer, more grounded way of being.

After struggling with anxiety earlier in life, Peter discovered Qi Gong as a practical way to calm the body.

This journey led him to represent the United Kingdom at the Kookhak Qi Gong International Championship in South Korea in 2016, where he became a Qi Gong champion.

Today, he works with professionals, highly sensitive individuals, and community groups, helping people feel more at ease in their body and daily life.



Media Angles & Topics

Peter is available for expert commentary, interviews, and features on:

- Why most stress and anxiety advice does not work
- Nervous system regulation for modern, busy lives
- Gentle movement vs high-intensity wellness culture
- The connection between anxiety and the body
- Supporting highly sensitive people and empaths
- Burnout and why people struggle to switch off
- Simple ways to feel calmer in everyday life
- From musician to Qi Gong champion: a personal transformation

Signature Insights

- “Most stress is not a thinking problem. It is a body state.”
- “Calm is something you can train, not something you wait for.”
- “The body needs to feel safe before the mind can settle.”
- “Gentle, consistent practices create deeper change than force or intensity.”





Founder Story

Peter was born in Kingston and grew up as one of six brothers. His early life included both stability and sudden loss, shaping a deep sensitivity to emotional and environmental stress.

He first built a career in music, performing with established artists including original members of Thin Lizzy, and touring across the UK and internationally.

Despite outward success, he experienced ongoing anxiety and internal tension.

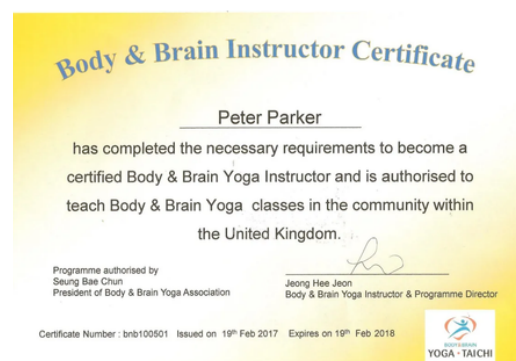
After stepping away from music, he discovered Qi Gong at a mind-body-spirit event in London. The practice offered something different, a direct way to calm the body and feel more grounded.

In 2016, he represented The United Kingdom at the Kookhak Qi Gong International Championship in South Korea, becoming a Qi Gong champion.

After returning to the UK, he began teaching in an elderly community centre. This became a defining moment, as he saw how simple, gentle practices could help people feel calmer, move more freely, and reconnect with themselves.

These experiences created a deep sensitivity to emotional stress, which now shapes the way he supports others with compassion and understanding.

This work led to the creation of Bright Beings Academy. Peter's work is particularly focused on supporting highly sensitive individuals and those who feel emotionally overwhelmed, helping them feel safe, calm, and more at ease in their body again.





About Bright Beings Academy

Bright Beings Academy offers Qi Gong, meditation, and embodied practices for people who feel overwhelmed, emotionally drained, or disconnected from themselves, with a focus on gentle, sustainable ways to restore calm and balance.

The Academy is an online and in-person platform. The Academy also combines traditional Korean-style Qi Gong with modern understanding of stress, emotional wellbeing, and nervous system regulation.

Offerings include:

- Qi Gong classes (online and in person)
- Workshops and courses
- Coaching through the Dream Method
- Sound healing and embodied practices

Credentials

- Qi Gong Champion – South Korea (2016)
- Dahn Master and Qi Gong Instructor
- 20+ years' experience in mind–body practices
- Founder, Bright Beings Academy
- Creator of the Dream Method

Contact Media Enquiries

Peter Paul Parker is available for:

- Interviews
- Expert commentary
- Podcasts
- Features and articles

Email: peter@peterpaulparker.co.uk

Press Photos



Qi Gong Championship (2016)

Peter representing Britain at the Kookhak Qi Gong International Championship in South Korea.



Award Ceremony

Receiving recognition at the international Qi Gong competition.

Press Photos



Community Teaching

Leading Qi Gong sessions for older adults focusing on balance, relaxation, and wellbeing.



One-to-One Support

Working with individuals to improve mobility, confidence, and emotional wellbeing.

Email: peter@peterpaulparker.co.uk