



# Wa-Qi.com Sign-Up Instructions

## For the NYP Community

1. Go to the NYP Community Sign-Up Page (<https://wa-qi.com/nyp-signup.html>)
2. Fill out basic information, then click “Continue”

**Free 3-Month Subscription to Wa-Qi.com for the NYP Community**

Dr. Yang Yang's Online WaQi Program for Stress, Mood and Sleep

A heartfelt THANK YOU to the members of the NYP community, who are facing one of the most difficult challenges of our time. You are bravely taking care of us every day.

As a token of our appreciation and to help you take care of yourself, we are offering everyone in the NYP community a **free three-month subscription** to all of our online WaQi programs.

WaQi is an evidence-based mind-body practice that helps alleviate stress, strengthens the body, and calms the mind—and significantly boosts the immune system (based on a scientific wait-list control trial).

Our WaQi for Sleep, Mood and Stress series in particular can be done in as little as 15 minutes a day, offers these benefits:

- Boosts immune function
- Decreases stress
- Develops resilience
- Enhances sleep quality
- Develops calmness
- Helps to improve mood

Wa-Qi.com is an online subscription system to help nurture the mind, body, and spirit with meditation and slow, precise martial art movements. These movements were part of the intervention sequence that demonstrated a significantly enhanced immune response to flu vaccine when compared to a control group.

Please sign up below before June 28 to enjoy your free three-month subscription. After logging in, type in the following promotion code.

Promotion Code: **THANKYOUNYP**

**Basic Information**

\* First Name

\* Last Name

\* Email Address

**Create a Password**

\* Create a Password

\* Re-Enter Your Password

▲ Password must be minimum 8 characters with a number and an uppercase and lowercase character

▲ \* (asterisk) indicates required field

☐ I am a member of NYP

☐ I have read and agreed to the [Terms & Conditions and Privacy Policy](#)

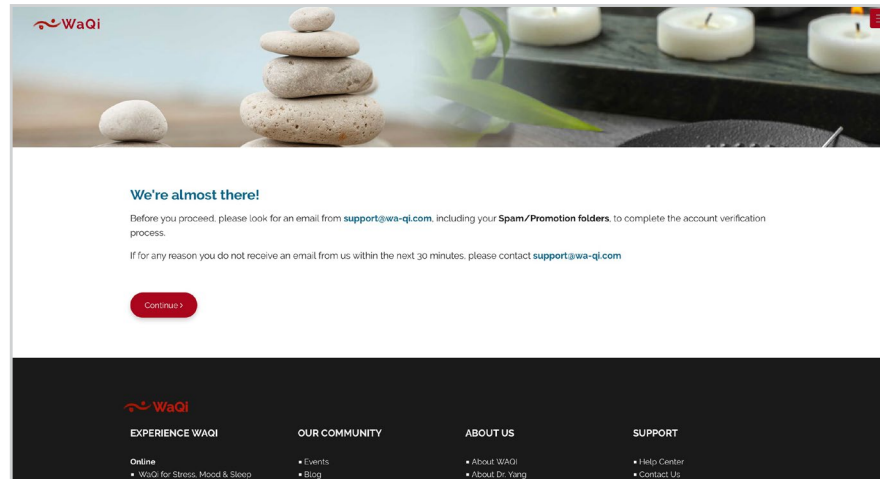
☐ I wish to subscribe to WaQi newsletter.

[Continue >](#)



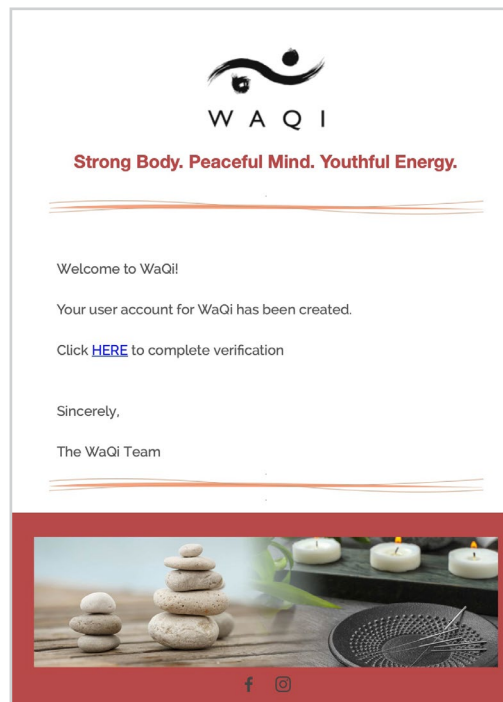


### 3. Arrive “We are almost there! (Account verification Page)”



### 4. Look for an email from support@wa-qi.com (it could be in your spam/promotion folder)

### 5. Click “Here” in your email





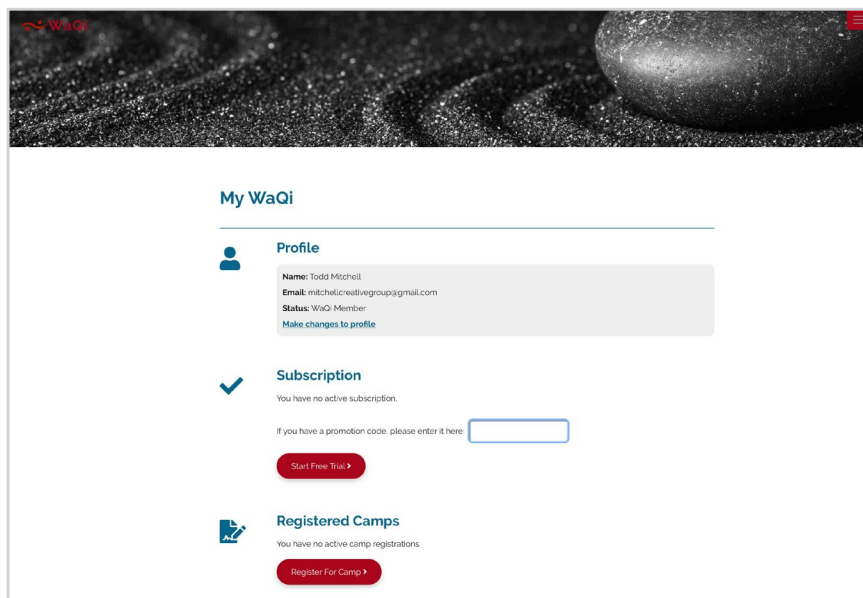


6. Back to WaQi Account verification Page and click “Log In”




7. After logging in, under Subscription fill out Promotion code  
“THANKYOUNYP” (with no space)

8. Click on “Start Free Trial”






9. You have arrived in WaQi Program Page and please select WaQi for “Stress, Mood and Sleep” to begin and you also have access to all the programs here.



**Thank you!**

You are now subscribed to WaQi. A confirmation will be sent to your email for your record. Below are the programs/curriculums currently offered by WaQi. To get started, please select one of the following to watch the videos.




**WaQi for Stress, Mood and Sleep**

A 7-day program designed to help lower stress and improve mood.

The combination of gentle exercises, energy cultivation and guided meditation provides a holistic system for lowering stress and improving mood and sleep.

- Combination of movement and meditation.
- Simple, 5 and 10 minute videos.
- Can be done any time, in your own home.

[Watch Videos >](#)



**WaQi Cancer Care Community**

Calm Mind - Deep Sleep - Strong Body

Join Dr. Yang Yang in a gentle/nurturing yet invigorating practice session to transform adversity into joyful wellness.

- Reduce the side effects of cancer treatment.
- Release stress, anxiety, tension and pain.
- Replenish body, mind and spirit.

[Watch Videos >](#)

