

## ***What is Qigong?***

'Qi' (pronounced 'chee') can be translated as life force, breath, even simply as energy.

All living things, as well as being in a physical form, are an embodiment of energy.

'Gong' is a word that means work or action. 'Qigong' translates to working with life force energy.



In the context of Qigong practices, it is the life energy of our body we are working with.

This powerful practice for fostering energy & health originates in China.

The documented history of Qigong as a healing practice dates back more than 3,000 years.

Qigong uses physical postures & breathing techniques, combined with focused mind intention, to cleanse, strengthen & circulate the energy of the body.

**Scientific research confirms that Qigong helps prevent and manage many different health problems including:**

- Immune dysfunction
- Mental health issues
- Memory loss
- High blood pressure
- Respiratory problems
- Digestive disorders
- Cardiovascular disease
- Arthritis
- Cancer
- Chronic fatigue
- Fibromyalgia
- Headaches

Qigong exercise is good for everyone, however it is especially beneficial for older adults, & people who are chronically stressed. It prevents disabilities that come with age, & relaxes the nervous system. Meta-analysis studies also demonstrate that Qigong supports better sleep, improves bone density, & cultivates stamina.

## ***Who can benefit?***

Men & women, young & old, athletes & sedentary people or those with limited or restricted movement will all benefit. Gentle & flexible movements mean the exercises support all levels of ability. Practices can be tailored to individual needs making it an ideal aid to recovery from illness or injury.

Qigong is complementary to whatever form of exercise or therapy you are already practicing, it will only enhance the benefits to you. The practices can be tailored to your individual needs depending on your goals & physical abilities. This makes it a good exercise choice for just about anyone looking to improve range of motion, relaxation, fitness, or health.

## ***What to expect from attending a class...***

Each class includes a balance of dynamic & gentle techniques practiced standing or seated. You will be guided to work within your own individual capacity. The gentle exercises support you to gradually build core strength, simultaneously strengthening the lower body to improve your balance, flexibility, & functional mobility; plus, the exercises support correct functioning of the internal organs & body systems, for optimal health.

All exercises are practiced slowly & steadily to avoid strain or injury. Movements are easy to follow, so you can relax & enjoy the practice as you participate. No equipment is required, & the exercises can be performed just about anywhere you have enough space to swing your arms.

## ***How will I know if I am doing it correctly?***

Many people experience a heightened sense of wellbeing immediately following a class. Reports of increase in energy, improvement in mood, deeper & more relaxed breath capacity, quieter mind, & a stronger self-connection are common. You might feel both grounded & centred after a practice, as well as an uplifted sense of expansion. Warmth, tingling, or a sense of heightened sensation in the body are also good signs your Qi is flowing.

Although gentle, Qigong also supports physical & emotional detoxing effects. The practices stimulate circulation & energy, clearing lymph, & releasing built up tension so make sure to stay well hydrated. If you feel tired or emotional after practicing, let your teacher know how you are feeling, all practices can be moderated to suit individual circumstances.

## ***How to prepare for a class:***

- Like any exercise, Qigong is best done on an empty stomach, so best to wait at least 45 minutes after eating. You will also want to avoid stimulants or alcohol.
- Wear comfortable clothing that allows for ease of movement, tight fitting clothing is not recommended as it can restrict circulation and energy flow. It is best to remove jewellery for similar reasons.
- Avoid wearing perfumes or scented personal care products to a group class for the consideration of others.
- The practices can be done in bare feet, or wearing comfortable, flexible and light sports shoes.
- Come with an open mind, these simple and gentle practices will surprise you in their capacity for healing and balancing for your body, mind and spirit...

## **Qigong is Exercise for Life**

***Strengthen your Body...Relax your Mind...Expand your Spirit***

E: [medicinewomantherapy@gmail.com](mailto:medicinewomantherapy@gmail.com) F: [@The Chi Field on Facebook](#) P: 0421476 745

Contact Rosa @THE CHI FIELD for more information about how Qigong can benefit you.