

WHAT IS QIGONG

The word Qigong (pronounced chi kung) is a combination of two ideas: “Qi” means air, breath of life, or vital energy of the body, and “gong” means the skill of working with, or cultivating, self-discipline and achievement. The art of Qigong consists primarily of meditation, relaxation, physical movement, mind-body integration, and breathing exercises. Practitioners of Qigong develop an awareness of Qi



sensations (energy) in their body and use their mind (focus) to guide the Qi. For thousands of years, millions of people have benefited from Qigong practices and believed that improving the function of Qi maintains health and heals disease. In traditional Chinese medicine, good health

is a result of a free flowing, well-balanced energy system. It is believed that regular practice of Qigong helps to cleanse the body of toxins, restore energy, reduce stress and anxiety, and help individuals maintain a healthy and active lifestyle. Though there are many Qigong forms, the ultimate Qigong form is Tai Chi'Chaun.