

Definition of Qigong→MEDITATIVE MOVEMENT

Qigong is pronounced “Chee-gong”. The origins date back 4,000 years and became the cornerstone of traditional Chinese medicine, along with acupressure and herbal medicine.

Qi= Chinese word for breath or energy—“life energy”; It is the animating force of the body.

Gong= exercise, or skill

QIGONG= BREATHING EXERCISE; ENERGY WORK; cultivating your body’s internal energy

“Qigong is a wholistic system of self-healing exercise and meditation, an ancient, evolving practice that includes healing posture, movement, self-massage, breathing techniques, and meditation”(Kenneth Cohen, “The Way of Qigong”, p.4).

The Elements of the Practice

Often, it is described as a meditative movement practice; a mindfulness movement practice. Qigong cultivates a personal skill of **psychophysiological self-regulation**. It is an ancient Chinese system focused around deep breathing, exercises that stretch and strengthen, slow flowing movements, and meditation; Practicing, one does purposeful warm-ups, stretches and flows, with in the ease of the breath (Lee Holden—HoldenQigong.com).

Benefits

- Easy to learn, No equipment needed
- Relaxing and Centering
- Works on ones own health/vitality
- Clears stress/tension and may help increase resiliency during stressful moments
- An energetic experience and may boost ones energy and stamina through the day
- Brings Focus and awareness to emotions and body
- May help to release negative/difficult emotions
- May help boost immune system
- May improve circulation and cardiovascular health/blood pressure
- Positive effects on the respiratory, digestive, endocrine and central nervous system
- Helps with joint movement
- A positive practice to help cope and/or reduce pain
- May help clear and cope with trauma, grief, depression
- May improve balance, flexibility, strength

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