

Qigong

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With roots in Chinese medicine, philosophy, and martial arts, qigong is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance qi (pronounced approximately as "chi"), translated as "life energy".

~~Qigong - Wikipedia~~

Qigong is a natural way to move energy (Qi / Chi) through your body. It's often used by Taoist and Buddhist monks, as well as traditional and Chinese healers. It doesn't need to be practiced in a religious context and actually is considered and practiced as a beautiful art by countless people all over the world.

~~Qigong for Beginners - a Complete Guide~~

Qigong is a general term used to describe a wide variety of training paths, which all have intrinsic benefits, but differ in areas focus, intention, and methodology. Under the umbrella of Qigong, there are two greater paths: the primary of personal cultivation and the secondary of clinical application.

~~What is Qigong? - National Qigong Association~~

Qi means "breath" or "air" and is considered the "vital-life-force" or "life-force energy." Qigong practitioners believe that this vital-life-force penetrates and permeates everything in the universe. It corresponds to the Greek "pneuma," the Sanskrit "prana," or the Western medical conception of "bioelectricity."

~~Qigong | Taking Charge of Your Health & Wellbeing~~

Qigong (often spelt Chi Kung, ??) is a powerful type of health exercise, which has been practised for centuries by millions of Chinese people. It is based on repetitions of very precise sets of movements, specifically designed to benefit health on many different levels. Qigong is easy to learn and enjoyable to do.

~~About Qigong (Chi Kung) - What are the benefits of Qigong?~~

Qigong is a Chinese system of breathing, body movement and mental concentration exercise with the aim to provide improved health, mental focus and stress relief. This practice involves harnessing energy in the body by allowing energy pathways called meridians to be open and freely allow energy to flow through.

~~Qigong for Beginners: Mastering Your Physical And Mental Self~~

Study authentic traditional Chinese Qigong with Master Michael Tse. Master Tse is one of the most well-known teachers of Qigong, Chinese Martial Arts and Chinese Culture in the west. Through the loyalty to his teachers and hard work and dedication, he has built up a strong following of students all around the world.

~~Qigong in Central London | Health, vitality and meditation~~

Qigong (chi gung, or chi kung) is a form of gentle exercise composed of movements that are repeated a number of times, often stretching the body, increasing fluid movement (blood, synovial and lymph) and building awareness of how the body moves through space.

Read Online Qigong

~~What is Qigong?—Energy Arts Blog—System of Self-Healing~~

Feel your Qi! This complete YOQI qigong flow routine designed for beginners to purge, tonify, regulate and circulate your qi. View over 50 more YOQI video ro...

~~Qigong for Beginners—YouTube~~

Qigong ("chee-gong") is an over five-thousand year-old Chinese health method that combines slow graceful movements with mental concentration and breathing to increase and balance a person's vital energy. It has been popularly referred to as Chinese yoga.

~~Qigong Institute—Getting Started with Qigong~~

Qigong is considered a collective term for a long-established, extensive set of exercises first created in China more than 2,000 years ago. As many Eastern medicinal practices continue to gain popularity in the West — including acupuncture, meditation, Ayurveda and yoga — qigong and Tai Chi are also going mainstream.

~~Qigong: The Ancient Exercise You Need to Try~~

Qigong exercises are designed to help you preserve your Jing, strengthen and balance the flow of Qi energy, and enlighten your Shen. Its dynamic exercises and meditations have Yin and Yang aspects: The Yin is being it; the Yang is doing it. Yin qigong exercises are expressed through relaxed stretching, visualization, and breathing.

~~6 Qigong Exercises for Cultivating Healing Energy~~

Qigong (alternatively spelled chi gung or chi kung) is a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent.

~~Qigong Classes in London | Chi Gong | triyoga~~

Qigong is an ancient practice for health, healing and wellbeing. You can learn qigong practices online to help you calm mind, reduce stress, sleep better, increase your energy, and facilitate healing.

~~Qigong Institute—Classes and Online Qigong~~

Qigong is an ancient Chinese exercise and health system that uses physical exercise, breathing, and mental techniques to promote overall health. Qigong dates back to at least 300 BCE, and probably before. Over the last 2300 years, it has developed into a complete wellness regimen with a variety of derivations and practices.

~~How to Practice Qigong: 13 Steps (with Pictures)—wikiHow~~

Qigong is an ancient Chinese therapy aimed at regulating the flow of "vital energy" in the body. It is mainly used as a symptomatic treatment for various types of complaints including those caused by cancer or cancer treatments.

~~Qigong | Cam-Cancer~~

Qigong (pronounced "chee-gung," also spelled chi kung) is translated from the Chinese to mean "energy cultivation" or "working with the life energy." Qigong is an ancient Chinese system of postures, exercises, breathing techniques, and meditations. Its techniques are designed to improve and enhance the body's qi.

~~Qigong | definition of qigong by Medical dictionary~~

Examples of qigong in a Sentence Recent Examples on the Web Shen Yun was formed in 2006 by followers of Falun Gong, which Li Hongzhi had founded in China in 1992 and drew on the tradition of qigong, in which breathing, meditation and movement foster good health or spiritual enlightenment.

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