



good energy for life

qigong center for health & wellbeing



Qigong (Chi Kung)

What is Qigong?

The National Qigong association describes Qigong (Chi Kung) as, “an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. The word Qigong (pronounced “chee gong”) is made up of two Chinese words. Qi is translated to mean the life force or vital energy that flows through all things in the universe. Gong means accomplishment, or skill that is cultivated through steady practices. Together, Qigong means cultivating life-force energy. It is a system for health maintenance, healing and increasing vitality.”

Why Do Qigong?

Qigong creates an awareness of and influences dimensions of our being that are not a part of traditional exercise programs. The gentle, rhythmic movements of Qigong reduce stress, build stamina, increase vitality, and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions.

Who Can Benefit?

Qigong’s great appeal is that anyone can benefit, regardless of ability, age, belief system, or life circumstances. The slow, gentle movements of most Qigong forms can be easily adapted, even for the physically challenged, and can be practiced by all age groups.”