

WHAT DO YOU NEED?

- TO FEEL HEALTHIER
- TO FEEL MORE ENERGISED
- TO FEEL STRONGER
- TO IMPROVE SELF AWARENESS
- TO HANDLE STRESS
- TO SLEEP BETTER
- TO PERFORM BETTER
- TO SELF ASSESS YOUR LIFE
- PUT TOGETHER AN EFFECTIVE WELLNESS ROUTINE

If this is what you want then **Qigong** can help you

So WHAT IS QIGONG?

Sometimes spelt Chi Kung, the words, **Qigong** [Chi Kung], comes from two Chinese 'Mandarin Dialect' words Qi (chi) which means energy and gong (kung) which means work or practice a skill.

Qigong therefore means to 'Work with Energy', your vital energy and then learn to practice a skill to cultivate that energy.

There are **2 basic broad categories of Qigong**, Internal and External.

Internal Qigong is down the lines of meditation with visualisation techniques to guide the energy, Medical Qigong falls in this category.

External Qigong teams movements with meditation, breathing and relaxation.

Qigong may not be as well known in the Western World, but in the China based world it is famous for holistic treatment of chronic disease and the promotion of continued good health.

WHAT WILL QIGONG DO FOR ME?

Qigong can greatly improve your physical and mental health and wellbeing.

Qigong provides all the benefits of meditation (less stress, lower blood pressure, stronger self image) added to effective but gentle physical exercise (strength, balance, flexibility, mobility).

The mind/body connection provided by Qigong is really the key.

In time you can become so self aware of your body and your state of mind that you can really assess on your own where your being needs work, e.g., diet, exercise, sleep, lifestyle.

CAN I DO QIGONG?

Another way to ask that question, Is anybody too old, too young or too disabled for Qigong? The answer is in two words **Not Really**. Age is no real barrier, neither is physical disability. It's up to you BUT we do advise, if you have a known Medical issue, that you to seek sound Medical advice before beginning any fitness or wellness program including Qigong.

Qigong is a 3000+ year old discipline whose practice allows us to gain control over the life force that course throughout our bodies.

The breathing exercises help induce the state of meditation, and vice versa. One is aware of what is going on, but not too aware, fully relaxed but not in a trance. In a Qigong state, cares and troubles can just seem to wash away. Replaced by more positive images, increased confidence, and enhanced spirit.

Anyone can do Qigong, there is no level of fitness required, so any person, young or older can learn to relax, feel stronger physically and spiritually. Qigong is *not to be confused with Tai Chi [Taiji]* but paradoxically Tai Chi is often used as a form of Qigong.

TO HELP YOU MAKE UP YOUR MIND ABOUT QIGONG YOUR FIRST CLASS IS FREE

**Embrace Change come join us for a Qigong for Life class
You'll love it**