

9 Qigong

About Qigong

Qigong is a gentle practice that mirrors the movements of nature. Qi means energy and gong is skill = being more skilful with our energy.

The first forms of qigong emerged in China over four thousand years ago and since that point it has evolved into the form we see today.

Whilst qigong is relatively unknown in the UK, it is part and parcel of life in China and practised widely across the world, especially in the USA.

Qigong is one of the five Chinese medicines which include, herbs, massage, acupuncture, nutrition and, of course, qigong.



There are different forms of qigong. In fact, Tai Chi, which is more commonly known in the UK, comes from a form of qigong. Strict qigong may see students holding poses for one or two hours, challenging for most people, especially us in the West.

Luckily, the form of qigong we will be practising is relaxed, easy to perform, invigorating for the body and nourishing for the mind and emotions.





About me

Since the age of eight years old, I was shown and introduced to alternative medicine, healing, meditation and movements. I grew up in world of Reiki, homeopathy, reflexology and sound therapy.

As an older teenager, I pushed against the alternative nature of my upbringing – I didn't want to be different from others.

I worked in the City of London for many years and ran businesses of my own but it wasn't until I reached my thirties that I started to re-embrace my earlier experience within alternative thinking and practices.

Having adopted a daily meditation practice over the last 15 years, qigong was a natural evolution for me, first practising for myself and then more recently training and gaining my teacher accreditation.

I am an official 'Holden' Qigong teacher, having spent two years immersing myself in the ways of qigong exercises and techniques. I am on a journey of teaching and being a student, always learning along the way via my qigong master, Lee Holden, and other qigong and meditation teachers.

My approach to teaching qigong is relaxed, practical and fun but still allowing my students to gain the deep benefits of this four-thousand-year-old practise.



What to Expect?

Leave any preconceptions at the door, step into a safe space and invigorate, strengthen and feel peace within your mind, emotions and body.

There is no equipment needed, not even a yoga mat!

The session designed for the staff will be conducted whilst standing. There might be times when we are leaning over, bending at the waist and allowing the arms and neck to lengthen to the floor.

Any sessions designed for residents will vary, some will be standing, for short times, and others will be seated.

Before we start

I will find out if anyone has got any difficulties with general movement, i.e. back pain, stiffness or any long-term ailment that I should know about?

What to wear?

It is usually advisable to wear loose fitting clothing or something you will be able to move easily in and that is comfortable. However, any clothing can be worn.

Performing the exercise in bare feet is beneficial; this allows for more grip and a steadier stance.

Qigong Practice



- We generally start qigong with a **Breathing** technique to calm the system. Often, we do not realise how tightly we hold our mind and body. Breathing allows the body to move from sympathetic (fight & flight) to parasympathetic (rest and relaxation).
- From here we go into **Activation** exercises; knocking on the body is commonly used, allowing the student to tap or knock as lightly or heavily as they feel comfortable.

Why knock?

Knocking invigorates the body. You would be surprised how much energy we tie up in our muscles, tendons and ligaments.

- Moving onto **Warmups**; these literally warm up the body and can be aerobic exercise. We get the heart pumping and the body moving with a variety of movements – quite often we use movements that use the legs – this generates heat in the body which spreads into every part.
- The next sequence is **Stretching** – what I like to call, ‘working on the lines of tension’. Stretching releases energy trapped in muscles and tendons, relieving stiffness and allowing old energy to dissipate into the body and bring renewed energy to where it is needed.
- The first part of class is ‘us’ moving the energy around the body whilst the second part is introducing students into the relaxing movements of **Flows** – this is where the energy moves the body, like water, flowing. Flows are what we call moving meditation, there are many flow routines that work with different parts of the body but all are relaxing and meditative.
- Finally, if we have time and we feel like it, we can have a short **Meditation** at the end of the session. This can be a nice way to round off the session together. All of this wrapped up into 60 minute session.

Q Qigong

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