



## Zhineng Qigong

Qigong is a holistic exercise that originated thousands of years ago in China. The early practitioners were keen observers of the natural environment and sought to imitate the movements of animals endowed with desirable characteristics, such as the crane's "long life." Zhineng Qigong uses the power of the mind in unison with postures and movements of the body to promote healing and wellness.

According to Chinese medicine, Qi (chee) is the very essence of life. Qi is the medium that links the mind, body, and spirit into an integrated functional system. When the flow of Qi in the body is plentiful and strong, so is the ability to heal illnesses and increase health. Zhineng Qigong movements are designed to dissolve blockages so natural Qi can flow vigorously through the body bringing life energy to every cell. Without blockages, we become balanced, healthy, joyous, and full of energy and vitality, not just free from illness or disease.

Zhineng Qigong is easy to learn and can be adapted to any level of physical ability. Practicing Qigong regularly has been shown to reduce stress, relieve chronic pain, strengthen the body, stimulate the immune system, increase blood circulation and cardiovascular fitness, improve creativity and mental clarity, relieve insomnia and develop emotional well-being. ZhinengQigong is especially beneficial for anyone recovering from serious or chronic illness.