

Preparing for QiGong

Is there a best time to practice QiGong?

While certain times of the day are naturally optimal for practicing QiGong for certain meridians, QiGong can certainly be practiced any time of the day. In fact, it is often practiced 2 or 3 times a day. I like to start the day with the form of QiGong you will be learning in this program and end the day with a more meditative form of QiGong. There are many forms of QiGong all offering a multitude of health benefits.

Can I eat before practicing QiGong?

QiGong is best practiced on an empty stomach. If you need to eat, allow about 2 hours after eating before practicing QiGong.

Why is this important? When you eat, the body sends a lot of blood to the stomach to aid in digestion and circulation of nutrients. When practicing QiGong, you want the blood to be able to freely flow throughout the body.

Where do I practice QiGong?

You will need an open space where you can move freely. This can be indoors or outdoors.

What do I wear to practice QiGong?

Wear loose comfortable clothing you can easily move in. You do not need to buy special clothes for qigong.

I have a physical limitation, can I still practice QiGong?

Anybody can practice qigong. Even if you have physical limitations, all of these forms can be customized to meet your specific needs. QiGong can be practice lying down, sitting and standing. For the purposes of general instruction, we will be performing them standing. If you have a specific situation, please let your instructor know so that the form can be modified for you to reap maximum benefit of the exercise.

I have heard QiGong has health benefits. What are they?

QiGong has been shown through numerous medical studies to have many health benefits. To get the most benefit, regular daily practice is encouraged. However, you can maintain your current level of health by practicing as little as 3 times a week. Consider joining a QiGong Challenge to get in the habit of practicing QiGong regularly.

Briefly, the regular of practice of QiGong has been shown to lower high cholesterol, lower high blood pressure, strengthen veins and arteries, improve digestion and bowel function, lower high blood sugar levels, improve mood and decrease anxiety. But there is really much more. QiGong regulates the endocrine system in the body. The regular practice of QiGong truly promotes whole health integration throughout the body. More of this will be explained throughout the program.

Beginner QiGong

Beginner QiGong is divided into 3 sections of 6 forms each. The first section focuses on the upper body. The second section focuses on the middle of the body. The third section focuses on the lower body.

Instruction videos are provided on how to do the form and how to practice the form. Additional videos are provided putting all the forms together into a practice. Once all 3 sections have been learned, all 18 forms can be done in about 15 minutes.