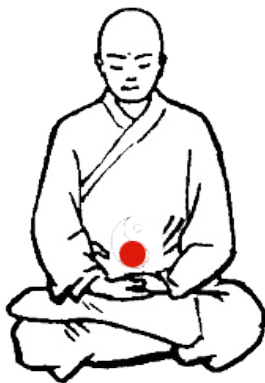


## Understanding Qi Gong

Qi Gong, generally speaking, describes any exercises that use a combination of breathing techniques, meditation and Qi circulation. The classes that run here in our College take you through from beginner to advanced stages, concentrating on your breath and body postures while circulating energy. The techniques have a very calming effect on the mind and with regular practice can improve your health and prevent illness.

There are three main types of Qi Gong – standing, sitting, and moving techniques.

Standing energy meditation is done in the Tai Chi stance - knees bent, feet shoulder-width apart, and no locked or tense muscles. Breathing quietly and smoothly from the ground right up through your body to nose, and down through the body again, allowing your body to act as one. Energy ball method is also done in a standing position, as is Sinking Floating method.



Sitting Qi Gong includes the techniques taught in Level One of Lesser Heavenly Cycle, and Greater Heavenly cycle. If you have completed these classes you will be familiar with these wonderfully relaxing techniques. If used in a daily practice habit, these techniques have a calming effect and help orient your body and mind to work together in meditation in a very beneficial way.

Moving Qi Gong for example Step Back Qi Gong is a more advanced method that can address more specific areas of unbalance in the body. There is a general health method, but also different step back techniques that help lungs, heart, digestion, etc. One popular method is Kidney Qi Step Back, which addresses the energy levels of the body. With the repetition of stepping back, moving the body gently and breathing correctly the body relaxes and qi flows along certain pathways in the body.

Qi Gong is one of the best things I have studied over the years and I hope you will continue your study and practice of it as well.

- Helen Lee.