

Qigong

1. What is Qigong?

It is a Chinese word made of two words:

Qi – (pronounced "Chi" with a soft 'ch') means life force energy.

Gong – means skill, practice, study, work, or cultivation.

Qigong means the “Skillful practice of applying life-force energy”. It can also be called “Chinese Energetic Medicine” or “Shamanic Chinese Medicine”. If you recall the feeling of being outdoors in nature, what you experience is Qi or energy. Qi is always within and around us, but sometimes it is subtle. At home or work, it may feel less obvious compared to some of the experiences of being outdoors, but Qi or energy is still present. Scientifically within the body, we can think of this energy as oxygen & glucose.

2. History of Qigong.

The term Qigong first appeared 5000+ years ago.

It is the foundation of all martial arts and acupuncture. Tai-Chi is a widely known form of Qigong.

3. How does Qigong work and help us?

Starting with the breath (oxygen), we can learn to regulate our bodies & minds. Through deep breathing, and slow, intentional movements, we increase the flow of oxygen circulating in our blood. It also improves flexibility and range of motion. Finally, it reduces stress lowers blood pressure, reduces the respiration rate and cortisol that can be a harmful hormone released under stress. Qigong can stop the fight, flight, or freeze reaction I have mentioned before. By relaxing, we can increase good hormones like serotonin, dopamine, and endorphins. our bodies and trying to. Qigong practice achieves the ideal parasympathetic state or homeostasis that you feel when you are in balance and healthy.

Please let me know if any of these links are broken/not working.

[Medical Qigong Treatment Videos showing touch and no touch techniques](#) (I have not made my own videos for this yet!):

<https://www.youtube.com/watch?v=KGShmxLx5dY>

<https://www.youtube.com/watch?v=hV8M4PVDfOI>

<https://www.youtube.com/watch?v=F5-XvQ2QZRM>



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Qigong Sampler in the BC Forest (my video for those not familiar with Qigong):

<https://www.youtube.com/watch?v=iy41zAMdZ0>

Here are some QiGong videos I like to use for myself that I found on YouTube, but there are many more too.

These are general beginner level:

<https://www.youtube.com/watch?v=g-jSBBwr8Ko>

<https://www.youtube.com/watch?v=6Y8QSVyYhM>

Another favourite a bit more advanced:

<https://vimeo.com/66992056>

Here is a video about the physiology behind QiGong:

<https://www.youtube.com/watch?v=ZJRtZAwVwgo>

And a documentary about Qigong:

Qigong Documentary Overview by Francesco Garri Garripoli

https://www.youtube.com/watch?v=Y7y_BMYaCGM

The Difference Between Tai-Chi and Qigong:

<https://www.youtube.com/watch?v=Wcm00Qbbh-M>

Please contact me if you would like to book private Qigong classes and/or a Qigong Treatment Session.

Book here: <https://lifecareerstudio.com/book-online/>

A handwritten signature in blue ink that reads "Rachel".

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