
Qigong

**Five Element Qigong- Hormon Qigong,
Fragrant (Duft Qigong)- Walking Qigong- Still Qigong
Qigong Massage (Longevity Selfmassage)**



What is Qigong

Qigong is the science of cultivating and restoring the body's internal energy (Qi) and is helping the flow of energy in the body, dissolving blockages and regulating disturbances.

Performed with slow continuous movement, connecting with imagery and breath.

It is a practice that do not demand a lot of flexibility or effort and is available for every age and physical capability

This practice have been used by the Chinese for the last four thousand years.

At the beginning it was a practice that was enclosed and transferred within families and lineages.

Often a master could have just one student in a life time

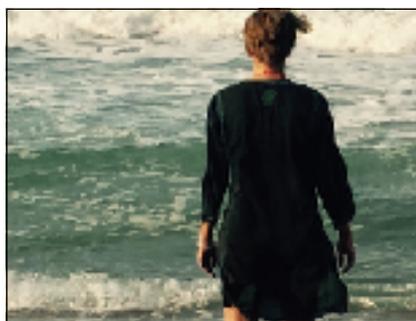
The Qigong knowledge spread outside of China, thanks to some Qigong masters (Sifu) that arrived in the West and started teaching the different styles.

Qigong was prohibited to be performed in China after the revolution because of its power and even until today certain styles of Qigong are not allowed to be performed.

Qigong is an effective way of improving health, preventing the body from disease and in some cases curing illness.

There are plenty of different Qigong styles in China that have been created for different purposes and aspects of life.

Qigong has various origins where the styles have sprang from — Buddhism, Taoism, Confucianism, Kung Fu, Chinese medicine



“Qigong- Meditation in Movement “

Five element Qigong

is a practice based on the Chinese Medicine core philosophy of the Five Elements, the never stopping interchanging circle between the

Metal- Water- Wood- Fire and Earth and the philosophy of Yin and Yang

Through practicing this style, you are cultivating your life's energy and balancing the Five Elements within you, that are responsible for the good function of the inner organs and the body as a whole, assisting emotional balance and spiritual peace

Hormones Qigong

This practice is focused on the restoring and balancing of the Hormones.

The Hormones are governing every body's function.

Hormonal imbalance can cause, long-lasting stress,
can lead to burn-out, diabetes, insomnia or depression.

The Hormone Qigong with its simple practice is suitable from beginners
of all ages and capabilities to experts from different moving arts.

Fragrant- Duft Qigong

Fragrant Qigong, is the most popular style in China and was declared by China's
national Qigong Association as No 1 Qigong practice.

Its a very simple movement practice, easy to learn and perform without having so
much to focus on the breathing or mental image,
often after practicing this style, there are smells of sweet fragrance arriving to the
nose, also the reason is called Fragrant Qigong

Walking Qigong

Walking Qigong, is performed often in a circle, and there are different movement
sequences referring to walking, it is used with impressing results to support or cure
chronic illnesses such as cancer, leukaemia and more

Qigong Massage- Longevity Selfmassage

Qigong massage, is a sequence of gentle massage techniques
that cover the whole body.

All the major muscles, joints and many energetic meridians and acupuncture points
are being triggered for a better flow of the life's energy (Qi),
resulting in a healthy body and prevention from disease .

Still Qigong

Still Qigong, is a quiet, motionless meditation.

Practiced in standing, sitting or lying.

This style emphasises in the internal aspects of the body, focusing on the balance,
cultivation and flowing ease of life's energy (Qi),
but also on the mental focus and spiritual concentration and awakening.



My first contact with Qigong, was while I was in New York in 1995 till 2000,
As a young dancer, I was taking dance classes close by the area
called "china town" and I was often mesmerised
by the mainly old age Chinese Women and Men practicing Qigong
in the middle of the busy city.

Some early mornings, I was doing my shy attempts to follow
what they do from a distance.

My Chinese acupuncturist at the time, passed me a series of Qigong sequences
to practice and help my body recover,
I have this small piece of paper till today.

I started practicing Qigong more in depth, in Berlin three years ago,
after a health problem I had, the Still and Moving Qigong at the time,
helped me recover and gave me a new light
of interest and trust to the Qigong praxis

I finished my teachers certification as a Qigong teacher at the Campus Naturalis
with two wonderful teachers Rainer Kirner and Frank Händel

With Rainer, I had the luck to do further studies on
Five Elements Qigong, Fragrant Qigong (Duft Qigong), Walking Qigong and Still Qigong
On my last trip this year to perform in Hong Kong,

I did a teaching course on the Ruyi Qigong Style, HK

I follow often the seminars, teachings and practices of Yixue Culture
in Berlin from Sifu Wei Ling Wi

The masters I am inspired from Bruce Franztis (Medicine Qigong),
Zhang Xiao Ping (Fragrant Qigong), Lukas Kasenda (Five Elements Qigong),
Jwing- Ming Yang (Still Qigong, Qigong massage)

My Qigong praxis is following the form and philosophy
of the different styles I practice and teach,

in combination with my experience of the body as a dancer, movement therapist
and with the knowledge of the main acupuncture points and energy Meridians
used in both Chinese medicine and Shiatsu