

QI - GONG

QIGONG

word meaning:

Qi: vitality, life force

Gong: Development and care of skills, serious and sustained training of skills
Dancing: Enjoyment of life, joyful communication, highest form of communication, community, the focus is on the process.

Qigong:

Qigong means to care for the energy of life. Its tradition has strong roots in Chinese philosophy on which also today's medical care is also based. The exercises have a positive effect on health; in addition they are relaxing. Breathing exercises bring inner peace and stability. This gives a life balance and an inner tranquility. It can be practiced at all ages.

The tradition and the modern

It is part of Chinese tradition, to adjust and develop their exercises to the period.

Also in modern times Taijiquan was fundamentally revised and reformed. Meditation and aspects of health have been put in the foreground. The aspect of self-defense lost more and more of its importance. The training forms were modified to make the training available for a wider population. Also more and more Eastern and Western concepts were mixed. For example, the influence of Western concepts influenced the forms of modern taiji and its spread as we know it today.

Qigong in the Occident

Since the beginning of the 80's Qigong is increasingly used in the context of preventive medicine and Naturopathy in Western

countries. Extensive literature has been published. Qigong is also taught in schools, clinics, universities, community colleges, private institutions, and even in management seminars.

Qigong Dancing® – Dancing with the energy of life.