

## Qigong St. John's

Qigong St. John's - Qigong is a Chinese breathing and movement discipline dating back to at least 500 CE. The method could be much older based upon depictions of qigong-like practices depicted in ancient Chinese art. Qigong is done globally by both Chinese and non-Chinese alike. There are different styles of qigong. All kinds concentrate on slightly different outcome, ranging from maintaining healthy bodies in the elderly to martial arts to fitness. The famous tai chi style is one of the most recognized kinds. The movement discipline of qigong is a controversial topic in several areas. Various individuals discuss about its probable applications and its advantages, even though there is a general agreement that regular qigong practice is possibly healthy.

Qigong has long been practiced as part of Traditional Chinese Medicine or otherwise called TCM. This is a holistic healing art which integrates a variety of different approaches to medical treatment. Many qigong sessions are offered in China at hospitals for the benefit of the patients. It is normal to see qigong practice often occurring in several public places such as city parks and public squares. Outside of China, classes can be found in a variety of places like schools and community centers, in addition to several outdoor settings.

In qigong, there are two important aspects: the movement of the body and the regulation of breathing. The body is taken through a series of flowing positions. Mixed together with the breathing, the movement is intended to calm and focus the body. These exercises generate a sense of well-being in the practitioner while concurrently enhancing flexibility, range of motion and improving strength. The breathing and the movement together is supposed to cultivate qi or also known as internal energy.

People in Western and Eastern cultures agree that qigong is a healthy practice to experience and are great for older participants to be able to help keep them active. This particular practice is extremely gentle making it a great exercise for disable people. Several individuals think that qigong has spiritual advantages, equating it with several metaphysical aspects. Other people focus on the calm condition of being which it brings. Several communities feel skeptical regarding qigong's ability to utilize the forces or nature or energy.

Qigong may be at times seen spelled in a different way, maybe as chi gung or chi kung. Regardless of how you spell it, chances are there is a practitioner in your vicinity if you are interested in learning more. There are several ways to participate. Casual qigong societies meet during the mornings in public areas often on weekends. These groups welcome drop-ins and various local community centers provide more structured qigong classes. Utilize the world wide web so as to check out where in your local area classes are being offered. There are also numerous books and tapes obtainable designed to teach individuals how to practice by themselves.