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The slow and non-forceful movements of Chi Kung exercises are easy and fun!

Chi Kung (also known as Qigong, Taoist Energy Arts, Chi Gung and Nei Gung) is the basis of Tai Chi Chuan, and Taoist Meditation. Chi Kung like acupuncture and all Chinese medicine is based upon the idea that smoothly flowing Chi or life force is essential to health.

Chi Kung (energy work) practices balance and increases the body's energies and develops feelings of health, strength, and well being. Chi Kung uses the natural functions of your body to release stress, develop flexibility, coordination and stamina, and to heal chronic joint and back problems. The main idea of Chi Kung is to develop and store Chi.

Chi Kung is a part of Traditional Chinese Medicine and is commonly used for its beneficial healing effects. Chi Kung exercises are cumulative in their effects. As you practice through the year the effects of the practices will increase. With consistent practice of Chi Kung your body will become relaxed and stronger, your health will improve and your spirits will lift.