

# Mindfulness and Exercise: Qigong

## Moving Meditation for healing and wellbeing of mind and body

Qigong is a Chinese moving meditation and healing exercise that is over 2000 years old.

### What Can it do for you?

It improves your breathing which means more oxygen in your blood.  
It allows your blood to flow freely in your body.  
It improves the movement of your Qi or energy.  
It opens up your body and allows to heal itself.

**Qi - means energy or breath or spirit**  
**gong - means training or practice**

### “Energy Training”

**Mind & Body training to improve the flow of your energy and blood through your body**

### How to Practise Qigong: EXERCISE

“Easy is right” – don’t push the movements  
Let the movements flow  
Relax the body  
Breathe through your tummy like a baby

### BREATHING

Pay attention to your breathing



### Benefits of Qigong and Meditation:

Anti inflammation effects  
Improves immunity – greater resistance to illnesses  
Improves brain health – prevents dementia, Parkinson  
It’s a major anti-depressant  
Prevents cancer