

## Qigong for Health and Fitness

Qigong combines slow movements, deep breathing and intention (focused awareness) to increase and activate the flow of energy throughout the mind, body and spirit.

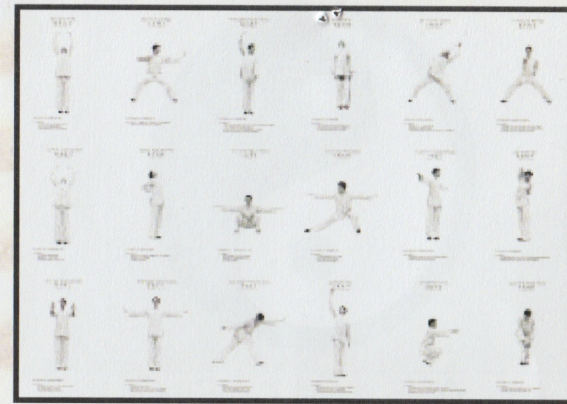
Scientific research in China and The United States proves the efficacy of Qigong's contribution to improved health.

For further research documentation  
go to: [www.qigonginstitute.org](http://www.qigonginstitute.org)

# 氣 Life-Energy Qigong

Traditional Chinese Medicine (TCM) posits the existence of a subtle energy (Qi) that circulates throughout the entire human body. TCM considers pain and disease to be a Qi blockage or imbalance. Strengthening and balancing Qi flow can improve health and ward off disease. All TCM therapies-herb, acupuncture, massage and Qigong are based on this perspective.\*

\*An Analytic Review of the Studies on Measuring Effects of External Qi in China  
Kevin Chen, PhD., INPH, Alternative Therapies  
July/Aug 2004, Vol 10., No. 4.



When you take an active role in Qigong practice you will:

- Decrease Blood Pressure
- Slow Respiration
- Increase Inner Organ Function
- Increase The Flow Of The Lymph System And Discharge Of Toxic Wastes
- Increase Stamina
- Enhance Mood
- Increase Capacity To Focus And Concentrate
- Keep Fit
- Prevent Illness
- Dissolve Energy Blockages And Free Up Energy