
what is qigong

Posted by micfo07 - 2008/04/29 14:47

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Post edited by: micfo07, at: 2008/04/29 06:51

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Re:what is qigong

Posted by reiki2 - 2008/04/29 20:39

Qigong is a form of energy work that comes from China, it can be used to heal and energise the body. It uses breath and movement plus visualisation.

It is a good practice for when you are stressed or tired.

It is also spelled Ch'i Kung

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Re:what is qigong

Posted by NickE83 - 2008/04/30 00:02

Hi,

I just joined, and its really funny :lol: because I was just thinking that I had no idea where to start or what to post on, and then I looked up and saw this post on qigong.

It was a coincidence because i have just started doing qigong my self, I have found out about this extra powerful form called spring forest qigong, you should look it up on google, it is run by a man known as master lyn, and he has been practising and mastering this particular form for over 30 years.

It is really cool, I just ordered the book. I highly suggest that if you are interested in qigong you go and check this guy out.

Good luck with it :)

Nick

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