

What is Qigong?

Qigong (pronounced “chee-gung”) is a collection of basic tai chi-style movements, massages, and energetic practices that improves the circulation and balance of the body’s vitality or “life force energy”. It strengthens and balances the whole body, including the organs and the immune system. It helps to calm the mind so the practitioner can find a balanced, relaxed and harmonious state more easily and more often. When in a state of physical, mental and emotional balance, we are better able to meet all kinds of challenges in life.



Teacher Patrice Wooldridge, Neptune Beach, FL

Instead of a continuous progression from one position to the next, as occurs in the tai chi “form”, qigong movements are simple and discrete, often pared down to a repeating pattern or a stationary meditative pose. When practiced regularly with conscious breathing and mindful awareness, qigong stimulates the body’s inherent

healing energy and fosters its healthful flow throughout the body. The basic individual movements are relatively easy to learn and to practice, providing the additional value of discernible benefits with a modest investment of time.

Regular practice of qigong has been known to:

Balance and strengthen the body

Strengthen the immune system

Support cancer treatment

Improve cardiovascular, respiratory, and lymphatic functions

Balance the hormonal systems

Regulate the nervous system

Strengthen the organs

Improve bone density

Improve insomnia and sleeping problems

Improve headache, chronic pain, asthma

Help with chronic fatigue, fibromyalgia, arthritis

Regulate blood pressure

Prevent injuries from falling

What is Five Element Healing Qigong?

Five Element qigong is a therapeutic model of exercises derived from the Five Element tradition of Professor Cheng Man-Ch'ing, noted Chinese physician and Tai Chi Grandmaster. This particular body of healing work is designed for practitioners of Chinese Medicine and other professional holistic therapists such as acupuncturists, bodyworkers, somatic-based psychotherapists, and healers that work directly with patients. The movements can be passed (taught to the patient) as part of a treatment session, or prescribed as "homework" to reinforce any healing process on a physical or spirit level. Within our organization specific criteria apply to qualify an individual to practice and to prescribe healing qigong within his/her therapeutic discipline.

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