

Qigong & Yoga



From a Qigong practitioners viewpoint, there is an interest to perceive and understand how the 'Qi' or energy flow is affected during different asanas or Yoga postures. In Qi- Yoga we focus on the healing and therapeutic effects of Yoga and Qigong. Qi- Yoga opens the heart and makes us gentler with ourselves and others. The different Yoga styles I practice and use elements from are: Hatha yoga, Kriya yoga where we focus on the energy body and the Chakras, Krishnamacharya Yoga Therapy and Acu Yoga where we apply Acupressure points. You will learn different visualisation, breathing and grounding techniques to get more in touch with your body. We focus on body awareness, deepening our breath and work within our own personal limits.

Although Qigong was created in China and Yoga in India, they both find their roots in **Qi - Life force Energy** (Chi or Prana) which enables us to connect within. Most of the time, our mind is entertained and focuses on the outside world, as a result we disperse our 'Qi' or energy. During Qigong we bring our attention inside our body, so we can use this 'Qi' to replenish and harmonize body and mind. Besides revitalizing the body, Qigong calms the mind by its soft movements, visualizations and direct contact with the nature. By absorbing nature's energy we restore the harmonious energy flow within our body. This energy flow boosts the immune system, repairs damaged cells and balances emotions.

'Qi follows the mind' In pain, we instinctively bring focus our mind on the painful body part, Qi will follow and a natural healing process will take place.