

The Living Experience of Qigong for 100 Days

What is Qigong?

Qigong, also spelled as chi kung or chi gong, is a traditional Chinese practice that combines movement, breath, and meditation to cultivate and balance the body's vital energy, known as "qi" or "chi." The word "qi" is often translated as life force or energy, and "gong" means skill cultivated through steady practice. Qigong has a long history in Chinese culture and is considered a part of traditional Chinese medicine. It encompasses a wide range of practices, including slow, flowing movements, breath control, meditation, and visualization.

The goal of qigong is to promote the free flow of qi throughout the body's energy channels, or meridians. Enhanced qi contributes more optimal health through an increase in vitality and a state of balance and harmony.

There are many different styles and forms of qigong, each with its own specific movements and techniques. Some styles focus more on physical movements and postures, while others emphasize meditation and breath control. Qigong can be practiced for various purposes, including improving physical health, reducing stress, promoting relaxation, and enhancing spiritual development.

Why 100 Days?

The idea of practicing qigong for 100 days is based on the traditional Chinese belief that consistent and sustained practice over a period of time can lead to significant benefits for one's health and well-being. The number 100 is often considered symbolic and represents a complete or full cycle.

Study Descriptions

This study hopes to explore the living experience of practicing Qigong for 100 days. As such, there is not a specifically required form or style, although participants will be guided through five forms that correlate with the five elements.

The most important element for this study is the consistent practice of Qigong for 100 days and the reflective journaling that explores the experience throughout the process.

At the onset of the study, participants will be guided through several simple techniques and movements related to the practice of qigong. The opportunity to practice and learn will be supported on the initial call as well as throughout the study via Mighty Networks and check-in calls.

We will utilize Mighty Networks to create a private group for added connection and support. Still have questions? Please feel free to drop us an email.