

Energy Play Qigong

How does this help me?

Taking time to calm the mind, relax the breath and allow the body to move naturally and freely has more benefits that you might imagine.

Physical Benefits

Qigong helps you engage the whole body in movement. Not only does this help you to access strength that you may not realize you have (this relates closely to the idea of core strength), it also helps to prevent over-working particular muscles and finding a natural flow in your movement.

Health Benefits

Balance is conducive to health, if we put too much strain on any of our internal organs, or if we spend too long in a heightened emotional state, we often suffer for it. Qigong, as part of the system of Traditional Chinese Medicine provides techniques that help to restore and maintain the balance both in our physical and emotional aspects.

Different people respond to Qigong in different ways, some find health benefits, some notice improvements in their physical movement while others engage in the meditative nature of the work in order to explore their spiritual aspects.

Some typical observations are:

- Relief from persistent aches and pains
- Improved sleep patterns
- Reduced stress levels
- Enhanced flexibility and improved movement
- Improved immune system
- Reduced physical tension
- Increased energy levels
- Calmness of the mind resulting in greater ability to focus

The best way to find out more is to come along and explore. Please feel free to contact john@energyplay.co.uk to book a session or ask any questions.