



Qigong (Spring Forest) - Movement and Meditation Programs

Intended Audience

All members including people living with cancer, family members and significant caregivers.

Program Description

Qigong (pronounced chee gong) is an ancient Chinese practice devoted to *Qi*, meaning air or breath of life, and *gong*, the skill of working, cultivating and balancing Qi. The art of Qigong entails learning to use meditation, relaxation, intention, simple movement and breathing exercises with the goal of achieving balance in physical, emotional and spiritual energy.

Benefits and Impact

Spring Forest Qigong is an integrated healing practice known to nourish physical, mental, emotional and spiritual dimensions of health. Some of the measurable benefits include:

- increased oxygen uptake, expanded lung capacity and increase flow of oxygen to the brain, organs, muscles and tissues
- lower rates of respiration and pulse, and
- improved metabolism, digestion and elimination

Other equally important benefits of Qigong include: balanced energy; reduced stress, pain and tension; increased strength and vitality; and, an enhanced sense of peace, contentment and personal empowerment. For some, Qigong is practiced as a means to achieve spiritual enrichment.

What to Expect at a Session

Each session begins with 10 to 15 minutes of theory followed by 20 minutes of gentle active exercises (moving meditations), designed to open the energy channels. These simple movements are easily adaptable to each individual's ability and can be done standing or seated. The class culminates with a 15-minute guided meditation and a 10-minute period of sharing. There is no pressure or measurement of performance, individuals are simply invited to participate as they choose, and be present in the energy of the group. An introductory session for people with less experience is offered each season, with the option to move to the more advanced class.

Participant Comments

"How powerful the mind is and how it can help through stressful times using Qigong."

"I have learned many self-care practices which have been very beneficial to my body and I plan to keep them up indefinitely."

"(Qigong helped me) unblock body channels, learn how to focus and breathe properly."

Related Programs:

Mindfulness Based Cancer Recovery
Tai Chi
Visualization and Relaxation
Yoga

What the Research Says:

Current research indicates that Medical Qigong can improve cancer patients' overall quality of life and mood status and reduce specific side effects of treatment. It may also produce physical benefits in the long term through reduced inflammation (Oh B et al, 2010).

A comprehensive review of Qigong and Tai Chi research suggests a wide range of health benefits including improved bone health, cardiopulmonary function, physical function, balance, falls prevention, quality of life and immunity, as well as reduced levels of anxiety and depression (Jahnke R et al., 2010).

FOR FURTHER RESEARCH LINK, CLICK HERE:

<http://www.ncbi.nlm.nih.gov/pubmed/19880433>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3085832>

Program Frequency:

1 hour per week
16 weeks per program
2 programs per session
Winter, spring/summer, fall

Optimum Class Size: 16



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