



Ten Reasons to try Qigong

Dear Debi's,

I discovered qigong and t'ai chi about ten years ago quite by accident. I was searching for a slower-paced movement therapy following a successful brain surgery that would include gentle movement, relaxation and breathing exercises for body/mind/spirit. I had heard about t'ai chi, meaning the "Great Ultimate", and took a local class. I found it to be quite challenging as T'ai Chi is a gentle, slow-moving exercise which has a precise number of steps performed in a specific order. I found it to be an ideal form of exercise for me.



Later, I discovered qigong, a 5000 year old movement therapy, meaning "working with your vital life force". It is the foundation of both t'ai chi and kung fu. I learned from a Chinese Master that qigong movements emphasize the importance of one's internal health, while conventional exercises, like one would do in a fitness center, focuses on outside body activities. What a great exercise combination to work both on your internal and external well-being. My personal routine now includes standard fitness exercises, biking, Chi Walking, and qigong, t'ai chi and meditation.

You too can add qigong to your current workout plan to enhance your health. Find a local class, or use a DVD to learn how. Visit my [website](#) for [classes](#), or visit my [online store](#) to purchase your copy of [Qigong for Everyone DVD](#) or [Tranquil Journeys CD](#). You may also download the MP3 version of my Tranquil Journeys CD on [Amazon.com](#) or [iTunes.com](#).

Sincerely,

Debi Dunn

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Wellness Products



[Tranquil Journeys Guided Meditations CD](#) - Enjoy blissful guided meditations with inspiring visualizations and melodic music designed to move you to a tranquil place.



[Qigong for Everyone-Designing Your Own Practice DVD](#) allows you to create your own complete

10 Reasons to try Qigong!



Here are 10 Reasons to add qigong to your daily practice:

- #1 Integrates self care of body, mind, breath and emotions into one; physical exercise training focuses each one independently.
- #2 Enhances and restores your health by using your body's natural healing potential by removing energy blockages in energy channels called meridians that can lead to illness and chronic disease.
- #3 Supports natural, holistic and integrative medicine modalities such as acupuncture, herbs, homeopathy, sound meditation, and Tui Na, which is a Chinese form of acupressure.
- #4 Features medical qigong therapy which helps to preserve and treat illnesses using specific qigong exercise forms, self massage, healing sounds, herbs, meditation, Tui Na and qi healing.
- #5 Addresses and can improve chronic disorders such as fibromyalgia, arthritis, hypertension, auto immune disorders, cancers, heart disease, obesity, menopause, depression and back pain.
- #6 Improves balance, flexibility, immune function, strength, longevity, emotional health and well-being.
- #7 Nurtures a healthier lifestyle, improved quality of life and disease prevention.
- #8 Provides meditative techniques for relaxation, mindfulness, tranquility and regulates the busy, multi-tasking "monkey mind."
- #9 Energizes your life by making you focus on what's most important...your health.
- #10 Becomes your own Fountain of Youth!

The best reason of all, for me, is #10 for practicing Qigong! Recently I attended my cousin's wedding in Phoenix. I was standing next to my 22 year old nephew when one of the guests approached us and said, "so, how long have you two been married?" Since I am more than twice my nephew's age, that was a total shock to both of us. I turned to my surprised nephew and said, "it must be the qigong!"

qigong wellness workout that can be incorporated into your daily life. Take 10, 20, or 60 minutes it's completely up to you!



[Qigong for Everyone-Basic Movements DVD](#) if you are looking to improve your balance, flexibility, strength and reduce stress, this is the perfect exercise for you!

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