

## What is Qi Gong?

Qi Gong is an ancient movement meditation from China, that connects body, heart, mind and spirit. Perhaps you have heard of Tai Chi, to which it is related.

The movements are simple, gentle, and easy to learn and can even be performed while sitting on a chair. It is accessible to everyone at any age and fitness level.

Sessions consist of conscious breathing, gentle warm-ups, stretching exercises, movements that strengthen the muscles and flowing meditative movements.

Qi Gong sees our breathing, posture, emotions, metabolism and many other processes that take place in our body as inseparable.

Among other things, Qi Gong can contribute to:

- easier breathing
- more energy and vitality
- relax tension in body and mind
- relieve headaches, stress and anxiety
- improved circulation
- stronger muscles and bones
- better balance
- contact with nature through the imagination
- more joy!

It's also fun to do and you'll soon feel that breathing and moving are easier!

## What do you need?

The lessons take place via the internet. A good connection is important, as well as a tablet or a computer on which you can open the ZOOM application (a phone is probably too small for viewing the movement instructions).

For each lesson you'll receive a link via email. The first time you use ZOOM, you will be guided through a step-by-step process to download and open ZOOM. After the first time, this program will be on your computer, and all you have to do next time is click on the link.

You don't have to buy anything else for the lessons, and the lessons are free at the moment. It's nice if you:

- make sure that you don't eat anything at least 1 hour in advance
- wear loose, layered clothes, that you can easily take off when you get warm
- wear socks or shoes with soft soles, or be bare foot
- have some water to drink

I look forward to sharing this with you!

Greetings, Eline

