



Qigong Class

Atlanta

4360 Georgetown Square
Suite 814
Dunwoody

Flowery Branch

Please email for address

ASHA

School of Massage

6251 Smithpointe Drive
Norcross

For more information,
please contact:

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Tuesdays

7:00 - 8:00 pm

Wednesdays

7:00 - 8:00 pm

Thursdays

10:00 -11:00 am

Tuesdays

7:00 - 8:00 pm

Thursdays

7:00 - 8:00 pm

Wednesdays

5:00 - 6:00 pm

\$40

Per month

or

\$15 drop-in

What is QiGong?

In Chinese philosophy and medicine there exists the concept of 'qi' (pronounced "chee"), a vital force that animates the body, otherwise known as "energy". One of the goals of Qigong is to promote the circulation of qi within the body and by doing so the health and vitality of the person are enhanced. The qi circulates in patterns that are closely related to the nervous and vascular system. Qigong is similar to TaiChi and both offer the same benefits in terms of reducing blood pressure, promoting relaxation, increasing flexibility, improving balance and coordination, and so much more. However, they are distinctively different from each other.



Qigong, offers the same benefits of Tai Chi without having to learn a particular sequence or flow. Qigong moves can be individual and tailored to meet your particular needs and a group setting class usually is easier to follow. Qigong classes do not build on each other and therefore accommodate changing schedules easily. We teach a variety of qigong moves, some of them are 5 Element Qigong, Daoist 5 Qigong, 8 Silk Brocade, Primordial Qigong, and more. Most of the qigong movements we teach are designed to address the health of specific organs like the heart, lungs, liver and kidneys or even tendons or joints specifically. This makes it a great practice for anyone with very specific health concerns like arthritis, high blood pressure, gout, chronic fatigue, fibromyalgia to name a few.

Qigong fosters a calm and tranquil mind. Practicing these movements provides a practical avenue for learning about such things as balance, alignment, fine-scale motor control, rhythm of movement and the genesis of movement from the body's vital center. Thus it contributes to being able to better stand, walk, move, run, etc. in other spheres of life as well. Many practitioners notice benefits in terms of correcting poor postural, alignment or movement patterns which can contribute to tension or injury. Furthermore the meditative nature of the exercises is calming and relaxing.

Qigong classes are suitable for persons of all physical conditions. Your instructor is able to adapt most exercises to fit your particular needs. You don't need much to start learning qigong, just show up for class in loose comfortable clothing and shoes that support your feet. We look forward to seeing you in class!