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Qi Gong – balancing the fast-paced everyday life

«The Dao (The Oneness, the well from which everything emerges) originated from emptiness, and emptiness formed the universe. The universe gave birth to the Qi... The lightweight and clear strove upwards to build the heavens and the heavy and cloudy solidified and formed the earth.» (Huai Nan Zi, ca. 122 B.C.)

Everything is Qi – inside and around us. However, if we are disconnected from this law of Nature our inner Qi-balance will be destabilized.

Like the other therapeutic methods of Chinese medicine, Qi Gong also works towards harmonizing a halting or stagnant Qi-flow and fill up deficient Qi, and thereby alleviate the developed symptoms.

Simple movements, which are coordinated with breathing and consciousness, enhance the flexibility – of body and mind - and train the perception. This makes it possible for everyone to influence their well-being or to take part in their own healing process.

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