

QiShen Institute

Paul H. Duval, Certified Instructor
Classes in English or French

The Five Element Qigong

What is Qigong (Chi Kung)?

In Chinese, the word “Qigong” is separated into two words. Qi (pronounced “tchee”), the life energy inside a person, circulates throughout the body, performing many functions to maintain good health. Gong (pronounced “kung”) is a method of exercise in this context. So Qigong is an exercise which cultivates better and stronger Qi. The stronger Qi you have, the healthier and stronger you are.

Qigong is especially beneficial for health and mental relaxation. The Five Element Qigong is easy-to-learn and powerfully effective for these purposes.

Health

Qigong is a mysterious part of Chinese culture, many believe it has magical powers to transform one's mental and physical health. Anyone can gain the many health benefits by practicing this ancient Chinese art.

As well as detailed teaching of the Five Element Qigong, this program includes warm up and washing Qi (wind down) exercises.

The Five Element Qigong

According to ancient Chinese philosophy, all things in the universe are made up of five elements: wood, fire, earth, metal, and water. These elements have different properties: earth nurtures all living beings, metal is sharp and changeable, water runs down and irrigates the earth while wood is characterized by growth and fire is hot.

The five elements represent five major internal organs of the body, are interrelated and influence each other. While one enhances another, they also negate each other.

The positive relationships are: fire gives life to earth, earth gives life to metal, metal gives life to water, water gives life to wood and wood gives life to fire which, again, gives life to earth and so on in a continuous circle.

The negative relationships also work in a continuous circle: earth negates water, water negates fire, fire negates metal, metal negates wood and wood negates earth, and so on.

The Five Element Qigong is based on this theory, and is extremely effective in promoting all aspects of health, including relaxation, mental concentration and cultivating Qi.

How to do Qigong well

The ultimate goal is to use your conscious mind to direct the Qi, use Qi to direct your physical body, thus combining the mind, Qi and body as one co-ordinated entity. This may sound difficult, but with regular practise you will attain different stages before finally reaching the ultimate goal. The most enjoyable part is the practise, and the many health benefits you gain as you progress.

The Five Element Qigong (Earth, Metal, Water, Wood, Fire)

- Classes during the day, during the evening, in the workplace
- Sessions of 8 classes, 1 class per week