

Healing Arts: Qigong and Tai Chi

Qigong and Tai Chi are Chinese ancient healing arts that are based on the harmonization of slow movements with the breath. They can be practiced in the standing meditation posture called *wuji* or seated in a chair and/or on the floor in upright position. The goal in these healing arts is to reach a state of relaxation and nothingness, emptying the mind of thoughts. During this meditative state, it is believed that *qi* (life energy/bioenergy) in the body circulates. In Traditional Chinese Medicine, the proper flow of *qi* energy in the body is considered to be crucial in maintaining mental and physical health. When there is stagnation in the body, *qi* energy does not flow properly and causes the immune system to weaken. Qigong and Tai Chi arts promote *qi* circulation in the body and improve quality of life.

More information on the healing arts of Qigong and Tai Chi can be found at Qigong Institute <https://qigonginstitute.org>.

For information on medical research regarding Qigong and Tai Chi, you can access medical journals at US National Library of Medicine National Institutes of Health at <https://www.ncbi.nlm.nih.gov/pubmed>



Qigong practice at Resurrection Bay in Seward, Alaska. Summer 2019.