



KATIE BRINDLE

Qigong Guide

A short introduction to 'life force practice'



What is Qigong?

At the start of my live feeds, I always describe qigong as 'life force practice'. For your body to be alive, it needs Qi or life force. The stronger the life force, the better you'll feel – which is why it's in our interest to nurture and strengthen it every day.

Qigong is a fundamental pillar of Chinese medicine. It is classed as a form of internal exercise. Internal exercise is any combination of slow, considered movements with breath and mental engagement, another example would be yoga. Qigong is, quite simply, the ultimate self-healing technique. By learning to manipulate qi around the body, you rejuvenate and energise, lower the heart rate and blood pressure and support the immune system.

If you've done a martial art or tai chi, the wide stance and relaxed, flowing movements of qigong may be familiar. Qigong forms the basis of all martial arts, so before trainees learn how to fight, they will always study it.

It was invented as 'dynamic meditation', to allow Taoist masters to keep their muscles relaxed, supple and strong after hours of sitting meditation but without breaking their focus. Its roots can be traced back to the 8th century BCE, i.e. 10,000 years ago. By the 3rd century BCE, this practice had crystallised into the beginnings of qigong as it is today. Despite its ancient roots, it's as relevant to modern life as it has been for millennia.

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What are the benefits of qigong?

Many people exercise to improve the way they look or perhaps improving the health of your heart and lungs, but Chinese medicine says that while aerobic exercise does work those organs, it simultaneously taxes them. Qigong, on the other hand, works the muscles and nourishes all of the organs – but, crucially, doesn't strain them. It boosts your oxygen uptake and circulation, but while your body is relaxed. This builds your capacity to store and generate your reserves of qi.

Qigong has been shown in research studies to offer the following benefits:

- Reduces anxiety
- Reduces cortisol and stress hormones
- Reduces systemic inflammation
- Improves immune function
- Improves sleep quality
- Reduction in blood pressure
- Supports cardiovascular health
- Promotes relaxation
- Improves mood
- Positive effects on bone health
- Pain reduction for Arthritis, neck pain and Fibromyalgia
- Improves cognitive function

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Qigong is not only deeply relaxing and superbly beneficial to the health of the body ,but it also gives you the most amazing physique. If this sounds too good to be true, here are some quotes from our early adopters who have been consistently attending Katie's 30 minute morning class.

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“I love the daily sessions. This last week I can’t believe the difference to my health. Amazing.”

@jasperwinyard

“You are teaching us so much about firing up the body’s internal system AND toning and strengthening us. Swimming Dragon is one of the greatest exercises ever!”

@susieaplin

“The first thing I noticed is that my tummy is less bloated than usual, then noticed I am brighter in the mornings, feeling less sluggish... I also see a big difference in my skin and don’t look so tired around the eyes.

Thank you!”

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Tapping – one of the simplest qigong techniques

If you only have a minute or so, the single most effective qigong technique you can do is tapping. Tapping works wonders for your general wellbeing. It's a simple, pleasurable, yet brilliant way to support and maintain your health, no matter what your age or physical state. You can tap with a loosely clenched fist, or ideally with a bamboo tapper, such as the one I created for The Hayo'u Method.

According to Chinese medicine an absolute fundamental of health is a good circulation of qi and blood around the body. This flow can be disrupted or stagnate for any number of reasons; a sedentary lifestyle, stress, emotional upset or injuries.

Tapping the skin on a daily basis enables the free flow of this all important circulation. In as little as one-minute a day, an all over body tap can clear areas of stagnation, support lymphatic drainage and encourage a smooth flow of blood and qi around the body. It's like a natural battery charger for the body.

[View the Tapping Guide](#)

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Who is qigong best suited to?

in a word, everyone! According to Chinese medicine, your organs control the entire health of your body. This includes, amongst other things, your muscles, fascia, bones, body fat and any tendency towards weight imbalance. Look after your organs and you'll see a knock-on positive effect on all of your health.

Qigong will give you stamina without stress, tone without pain. As you do the exercises, you're balancing the whole body and, because they're so gentle, they also suit older people, those recovering from illness and anyone else with physical or energetic limitations. Just because it's gentle, don't underestimate its power and efficacy.

Is there anyone that qigong isn't suited to?

No, it really is suitable for everyone, you can even do a form of it if you are bed bound. As with any new exercise, if you're concerned, you could ask your GP before you start. But just start gently and go at your own pace. Everyone needs movement - there is a great Chinese proverb which sums it up for me - "Flowing water never stagnates, and the hinges of an active door never rust. If the body does not move, essence does not flow. When essence does not flow, energy stagnates."

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Want to know more?

We will be delighted to support you as you continue along your Yang Sheng journey. The following will get you started:

'Yang Sheng: The Art of Chinese Self-Healing' available on Amazon, Waterstone and www.hayoumethod.com

Buy Yang Sheng Book

Qigong Healing classes (3 x each week) for a more in-depth and healing practice – full details on www.hayoufit.com

Free Masterclass "[Master Your Health](#)" – understand the 3- step plan for preventative health. Find more Qigong Masterclasses [here](#).

[KBL Cellulite and Stubborn Fat Masterclass](#)

Free self-care weekly content [@katiebrindle](#) on Instagram, Facebook and YouTube.

Free regular gua sha demonstrations on [@thehayoumethod](#) Instagram & the opportunity to purchase the accompanying tools from www.hayoumethod.com

DISCLAIMER:

Please note that any of these Yang Sheng techniques are designed to support your overall self-care and wellbeing and should not be used as a substitute for any Western medical advice or treatment that you may be receiving. You should not use the information in this Guide or on our website for diagnosing or treating a health problem or disease and must always consult your doctor if you have any health concerns. Additionally, please note that there are a few contraindications to Yang Sheng techniques, so please visit www.hayoumethod.com to view our comprehensive FAQs.

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