

# Qi Gong: Reconnecting to Natural Rhythms

Contributed by Manjula Coté

Qi (pronounced 'chi') is "vital energy" Gong is "time and effort".

Qi Gong is an excellent practice to help us to reconnect to the natural rhythms and to find simplicity and softness in an ever complicated world.

It has been practiced in one form or another since the time of the Yellow Emperor, who ruled China at approximately the 21st century BC. The Ancients were well aware that in order to maintain health, the body's energies must be kept in balance and free flowing. Various systems were adopted to achieve this, including Acupuncture, Herbs and Tai Chi and Qi Gong. There are literally hundreds of different styles of Qi Gong; the method I teach is known as Shaolin Neigong. This style is a powerful method traditionally adopted by the sages for cultivation and protection of Qi and for self healing. A class consists of gentle postures, healing sounds, energy work, breathing and meditation. These all have a powerful effect on health and well-being. Qi Gong helps to:

- Balance, restore and protect energy
- Reduce stress and anxiety
- Improve mobility, posture, balance and co-ordination
- Combat disease
- Strengthen individual organs
- Cleanse the body of toxins
- Improve circulation
- Cultivate a sense of peace and well-being

Qi Gong is a gentle form of exercise and can therefore be enjoyed by people of all ages and abilities. Manjula Jane Coté - 2009 For many years I worked in the media industry in London. My work, although rewarding, gave me a definite insight into the stresses and strains a hectic lifestyle can place on mental, physical and spiritual well-being. It was this that led to a desire to retrain in a profession that would restore a sense of balance and enable me to better serve those around me.

Over the years I have been lucky enough to have been guided by many exceptional and inspiring teachers from a variety of disciplines. Through my love of Tai Chi and yoga I developed a fascination for the healing arts and this led me to train as a massage therapist. Since then I have done extensive training and now work as a Natural Nutritionist, Integral Yoga and Qi Gong instructor and massage therapist. All these therapies help to activate the bodies own healing mechanisms, allowing optimum health to be achieved on all levels.

I moved to Dorset in 2006 and have now established a successful practice in the Bournemouth area. Each treatment I offer is a unique experience as I tailor all my treatments to suit the needs of the individual. It is my dream to be able to provide a service to my clients that will help them along a path to health and happiness. For details of ongoing classes and forthcoming workshops please visit <http://www.chiray.co.uk>