

# Regular Company Qigong Classes



## Information Pack

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## Introduction

### A Healthy Team = A Happy Business

Any company's success relies on a strong, focussed and healthy team, and Qigong, the ancient Chinese movement practice, offers a fantastic way to boost morale, enhance health and productivity. As your team is engaged and energised with our help, they'll gain more trust, accountability, and a shared commitment to success. And have a surprising amount of fun.

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## What is Qigong?

It's a key pillar of Chinese medicine for 3,000 years. And it's becoming more popular in corporate environments to promote employee health and well-being by integrating mind, body, and breath through flowing, dynamic movements. This "moving meditation" is both relaxing, energising and restorative, suitable for all ages and fitness levels.

A combination of the words 'Qi' ('life energy') and 'Gong' ('to work or cultivate') it is the practice of nurturing and enhancing your team's life energy. The movements, and the mental focus on them, bring balance within the body, helping to replenish, renew and restore vitality.

In this fast-paced and draining information age, Qigong's attention to the five elements in life (Wood, Fire, Earth, Metal, Water) and the natural seasons, foster a deeper connection with nature and promote inner peace. By combining breath, movement, and visualisation, Qigong is deeply rejuvenating and highly beneficial for both mental and physical health. Most importantly, it's an enjoyable and rewarding experience that brings fun and energy to your team!

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## Why learn Qigong?

- ❖ **Emotional Balance:** Helps alleviate stress and tension, promoting mental clarity and peace
- ❖ **Increased Flexibility and Tone:** Gentle, flowing movements that enhance overall body function, especially beneficial to sedentary staff members
- ❖ **Better Sleep at night and Brighter Energy during the day:** Improved sleep patterns and a boost in natural energy levels
- ❖ **Reconnection with Body and Mind:** Participants will gain a deeper understanding of their body and the wisdom of Qigong practices, fostering self-awareness and relaxation
- ❖ **Ongoing Benefits:** Once the team learns the Shibashi practice, they'll look forward to continued growth in their wellbeing and health.

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# What are the benefits of Qigong?

Qigong promotes a sense of wellbeing, leaving you energised, strong, and refreshed. It supports better mood, vitality, patience, clarity of mind, restful sleep and digestion.

## Boosts energy



Modern life and recovery from illness can drain your energy. Qigong revitalises this by clearing stagnant energy and replenishing it with fresh, vibrant qi.

## Restorative & nourishing



For staff members who have a hectic home life, this deeply healing practice enhances their body's natural life force.

## Reduces stress and strengthens immunity



Qigong taps into the body's natural channels of calmness and de-stressing through dynamic breath-work. This also aids lung function, circulation, and digestion.

## Enhances balance



A typical work environment is demanding on the body. Qigong gently improves circulation, body alignment, strength, tone, and flexibility.

## Connects you to yourself and nature



When an employee connects with their true nature through Qigong, it enhances their social relations, clarifies their roles, and boost collaboration and productivity.

## Simple and enjoyable



Qigong is easy to learn, accessible for all ages and abilities, and can be practiced standing or sitting.

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# Full-Day Qigong Wellness Workshop

A practical wellness break to fit your team's schedule

Fact File	
<b>Purpose</b>	To provide employees with a regular, relaxing Qigong class to support their health and wellbeing at work
<b>Overview</b>	<p>This 8-week course gives delegates a solid grounding in a Total Qigong practice set. Over the course of eighteen ("Shibashi") flowing movements, participants will tone the twelve organ meridians featured in acupuncture. They will immediately feel the benefits of a more balanced energy flow in their emotional stability, mental clarity and organ vitality of lungs, kidneys and digestive organs.</p> <p>Each class is one hour long and can be scheduled weekly or as needed, making it a practical and enjoyable way to implement an improved health strategy. Please note that we suggest the full eight sessions so that delegates can master the optimal form for the eighteen movements.</p>
<b>Learning Objectives</b>	<ul style="list-style-type: none"><li>❖ <b>Shibashi Practice:</b> Eighteen simple yet highly effective movements that engage and energize the twelve organ meridians</li><li>❖ <b>Theory and Practicalities:</b> Understanding the practical scientific principles behind these movements and their effect on body and mind</li><li>❖ <b>Energy Flow:</b> How to shift patterns of blocked energy, balance emotions, and nourish key organs</li><li>❖ <b>Mental &amp; Physical Benefits:</b> Delegates will feel calmer, brighter, more flexible in mind and body, more cooperative, and experience improved sleep</li></ul>
<b>Requirements from Organiser</b>	<ul style="list-style-type: none"><li>❖ Meeting date and time</li><li>❖ Goals provided by the meeting organiser</li></ul>
<b>Duration</b>	8-week (extensions available) with a one hour class per week as advised
<b>Location</b>	At your location
<b>Attire</b>	Office or comfortable clothing; no equipment needed



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# Sample Timetable

Each session concludes with a cool down session of relaxing exercises.

## **Class One: Introduction to Qigong and Shibashi**

- ❖ **What is Qigong?:** Overview and benefits
- ❖ **What is Shibashi Qigong?:** Introduction to this specific form
- ❖ **Dao Yin Opening:** Basics of Dao Yin and its importance
- ❖ **Cultivation of Breath:** Techniques for effective breathing
- ❖ **Warm-up:** Gentle exercises to prepare the body
- ❖ **Nourishing Joint Rotations:** Simple movements to loosen joints
- ❖ **Shibashi Overview:** Watch and follow along with the complete set

## **Class Two: Focusing on Internal Organs**

- ❖ **Dao Yin Opening:** Brief review
- ❖ **Warm-up & Nourishing Joint Rotations**
- ❖ **Kidney & Lung Communication:** Detailed instruction on exercises for these organs
- ❖ **Shibashi:** Watch and follow along with the complete set

## **Class Three: Expanding to More Organs**

- ❖ **Dao Yin Opening:** Brief review
- ❖ **Warm-up & Nourishing Joint Rotations**
- ❖ **Kidney, Heart, and Spleen:** Focused exercises for these organs
- ❖ **Shibashi:** Watch and follow along with the complete set

## **Class Four: Further Exploration**

- ❖ **Dao Yin Opening**
- ❖ **Warm-up & Nourishing Joint Rotations**
- ❖ **Triple Burner, Pericardium, and Stomach:** Exercises for these areas
- ❖ **Shibashi:** Watch and follow along with the complete set

## **Class Five: Deepening Practice**

- ❖ **Dao Yin Opening:** Brief review
- ❖ **Warm-up & Nourishing Joint Rotations**
- ❖ **Gall Bladder, Liver, and Spleen:** Exercises for these organs
- ❖ **Shibashi:** Watch and follow along with the complete set

## **Class Six: Combining Exercises**

- ❖ **Dao Yin Opening**
- ❖ **Warm-up & Nourishing Joint Rotations**
- ❖ **Heart, Lungs, and Liver:** Exercises focused on these organs
- ❖ **Shibashi:** Watch and follow along with the complete set

## **Class Seven: Advanced Practices**

- ❖ **Dao Yin Opening**
- ❖ **Warm-up & Nourishing Joint Rotations**
- ❖ **Bladder and Qi Energy Conservation:** Exercises for these areas
- ❖ **Shibashi:** Watch and follow along with the complete set

## **Class Eight: Full Integration**

- ❖ **Dao Yin Opening**
- ❖ **Warm-up & Nourishing Joint Rotations**
- ❖ **Shibashi Flow:** Practice all 18 exercises in sequence

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## Frequently Asked Questions

### **What should I wear?**

Wear office or comfortable clothing. You can practice either barefoot or with plimsolls or trainers.

### **What do I need to bring?**

No items are necessary.

### **Do I need prior experience with Qigong?**

No prior experience is required. All ages and abilities welcome. The movements are simple (can be practiced sitting or standing) and we'll repeat them so you can retain them.

### **How is Qigong different from Tai Chi?**

Though they share similarities, Tai Chi is a martial art that incorporates self-defence moves, while Qigong focuses on meditation, health, and healing. Both enhance strength, flexibility, and balance, and boost heart and lung endurance.

### **How does Qigong differ from Yoga?**

- ❖ *Its Origin:* Yoga originates from India, while Qigong comes from China. The two practices reflect the unique cultures and philosophies of their respective countries.
- ❖ *Its Meaning:* "Yoga" means "to unite," often interpreted as the union of mind and body. "Qigong" translates to "energy work," focusing on cultivating and harmonising energy.
- ❖ *Its Concepts:* Both practices emphasise life force energy and the balancing of it, with 'Qi' in Qigong and 'Prana' in yoga. Qigong focuses on Dantian (energy centre) and Meridians (energy pathways), while Yoga works with Chakras and Nadis (energy channels).

### **How do I book a session?**

To book a session or discuss your needs, please call or email us. We look forward to working with you to create a practical and memorable event.

Telephone: 07783 700073

Email: [hello@moonrise.life](mailto:hello@moonrise.life)

Website: [www.moonrise.life](http://www.moonrise.life)