

Full-Day  
Qigong Wellness  
Workshop



**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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# 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

<b>Fact File</b>	
<b>Purpose</b>	A full-day Qigong wellness workshop designed to enhance workplace wellbeing and collaboration, while introducing a time-tested personality tool to help them look after their wellbeing and tap into hidden strengths.
<b>Key Objectives</b>	Delegates can expect a dynamic, enjoyable, informative and practical workshop that uncovers individual personality strengths, solidifies team bonds through mutual understanding, and boosts overall health— perfect for all ages and fitness levels.
<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>Agenda</b>	<p>Your team will experience:</p> <ul style="list-style-type: none"><li>❖ What is Qigong? Overview of its benefits</li><li>❖ Warm-ups, joint rotations, and cultivating energy and breath awareness</li><li>❖ Breathwork exercises</li><li>❖ Introduction to the 5 Elements and the 'What's My Element?' questionnaire</li><li>❖ The significance of Wuji and opening exercises</li><li>❖ Morning Break – 30 minutes</li><li>❖ Elemental insights: how each element relates to organs and meridians, and what happens when they're in (or out of) balance</li><li>❖ Movement techniques for organ and meridian stimulation: 2 flow exercises</li><li>❖ Lunch Break – 1 hour</li><li>❖ Continued exploration of movements and meridian stimulation: 3 flow exercises</li><li>❖ Afternoon Break – 30 minutes</li><li>❖ Full flow of the 5 Element Qigong set</li><li>❖ Group reflections and feedback</li><li>❖ "Tiger Walk" – a fun team-building activity to close the day.</li></ul>
<b>Duration</b>	Six hours
<b>Location</b>	At your location or offsite at our Moonrise Studio (LS17 OEA)
<b>Attire</b>	Office or comfortable clothing; no equipment needed



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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)