



Philip Lai Qi Gong Association

April Newsletter 2017

My dear Qi Gong friends:

What is Medical Qi Gong?

Medical Qi Gong is a powerful energy healing system that connects the body, mind and spirit. It is the ancient root of Tai Chi and Kung Fu, astrology and Feng Shui but also the foundation of traditional Chinese medicine (TCM). It was developed within the vast realm of TCM and is responsible for a multitude of health benefits. Qi Gong is the art and science of cultivating and manipulating ones inner vital energy and life force with the intentions of healing. Practitioners can gain control of and direct the healthy flow of their Qi, or life force, for self-healing. Qi Gong is most often referred to as any set of breathing, gentle exercise and Qi circulation techniques that are capable of improving wisdom, confident, concentration, determination, health, happiness, performance of work and sport, preventing illness, and strengthening the body.

How to calm your mind and let energy flow when practicing Qi Gong:

1) Calm your mind and let your mind reach a state of peace and harmony. Let your brain go into the so-called Alpha state of “thinking but not thinking” and calm relaxation. This allows your body to release stress and creates a “resilience effect” which makes it easy to recover from injury and disease.

2) Breathe naturally and rhythmically. Rub your thumbs with your index fingers to calm your mind and allow your intention to guide your energy to strengthen your organs, open the blockages in your energy paths (meridians) and maximize the abilities of your lungs and body to absorb oxygen and let your blood flow smoothly through your whole body.

3) Activate your inner smile, breathe with happiness and “don’t worry be happy”. This will promote a positive attitude that will improve your immune system.

Empower yourself by learning Medical Qi Gong: There is a famous saying: “Give someone a fish and you feed them for a day, teach them to fish and you feed them for life”. You can receive treatments such as reiki, acupuncture or massage or you take your destiny in your own hands and

learn Medical Qi Gong to heal yourself! Qi Gong is a self-strengthening and self-healing program that helps people attain a healthy and happy lifestyle. It requires no equipment, is easy to learn, low cost, convenient, powerful and effective. It can be performed anywhere (at home, in the office, a waiting room, bus, airplane) and at any time. I give classes and workshops in Qi Gong almost every week of the year and would like to teach you or your friends and family how to take positive control of your health, **or to become a healer.**

Half price for Qi Gong Saturday classes at McNabb. We welcome back **people who have completed our beginner classes** by offering a special half price rate (\$20) for four Level 1 classes (9:15 am to 10:15 am). The classes have to be attended before the end of April and the package must be purchased at the time of attending the first class.

World Tai Chi and Qi Gong Day

Free workshop Saturday May 6, 8:45 am to 10 am at McNabb Community Centre

Self-Healing Qi Gong Workshop in Montreal

Learn the basics of Medical Qi Gong to heal yourself.

Meta 1111 Yoga studio, Montreal Que.

Saturday May 13, 1:30 to 4:30 pm

Cost \$25 before Apr. 17, \$35 after

Call Celina Brady 514-378-5222 to register

New classes start in spring:

Feeling the Healing (Qi Gong for beginners)

Soloway JCC – starts April 6 (12 weeks)

Special offer: Attend the first class for free and pay only if you wish to continue the rest of the classes

Tai Chi (for beginners)

Plant Recreation Centre – starts April 27 (9 weeks)

Tai Chi – Level 2

Plant Recreation Centre – starts April 27 (9 weeks)

Qi Gong for Beginners

McNabb Community Centre – starts May 13 (3 weeks)

Qi Gong Intermediate Level

Plant Recreation Centre – starts May 6 (7 weeks)

See our website under Courses for details

Philip Lai, CPA, CMA

President of Philip Lai Qi Gong Association

Certified Naturopath Therapist

Master of Qi Gong and Kung Fu

Email: philip.lai@rogers.com

Website: <http://www.philiplaiqigong.ca/>