



Philip Lai Qi Gong Association

## January Newsletter 2018

### My dear Qi Gong friends:

The secret to effective and powerful Qi Gong is finding a way to allow Qi to flow easily through the body. Here are some pointers to promote relaxation, balance, proper breathing and energy flow.

### Basics of Correct Posture

The spine should feel long and open. Shoulders should be relaxed, not slouched or pulled back. Elbows and knees should be slightly bent with feet shoulder width and flat on the floor. The chest should feel open, not pushed out or depressed. Your abdomen should be free of tension, letting your breathing be slow, quiet and deep. Hands should rest comfortably at your sides. The entire body should feel alert, relaxed and alive.

### Relaxation

Relaxation is the most important principle of effective Qi Gong practice. The joints must be relaxed to allow Qi to flow freely. Keep the knees and elbows slightly bent but not locked. The wrists should be soft. Release the tension in the shoulders, fingers, hips, ankles and toes. Relax and open the spaces between your vertebrae.

### Head and Neck

Release the neck muscles by gently lengthening and opening them. Your head should feel as if suspended by a string from the crown. The chin should not be lifted away from the chest or pushed downward. The eyes should look straight ahead. The tongue should lightly touch the roof of the mouth just behind the teeth, connecting the major yin and yang meridians.

### Back and Chest

The spine should be centered and stable with the vertebrae stacked one over the other. The spine should feel like a flexible rope rather than a stiff pole. The head pulls up the spine and the tailbone pulls down on it. The sternum is sunk down and relaxed, not raised or puffed out. The body should feel like a tree with deep roots and flexible branches.

### Sinking the Qi

Qi sinks to the Dantian. All parts of the body should feel like they are seeking their lowest level in all Qi Gong exercises. The shoulders sink, the abdomen is allowed to hang out and down. The knees bend and the weight of the body sinks down through the feet into

the ground. The breath sinks deep into the body and the Dantian expands with every inhalation. A relaxed Qi Gong stance with Qi sinking downward allows the body to easily move in any direction with power and agility, an advantage in any activity.

### Healing and Chakra Meditation by Video Conference (Save your time and money by participating at home)

From Monday to Friday from 10 to 11am each week I conduct a group meditation session via Google Hangouts video conferencing that can improve your happiness, health (can improve over 90% of our mental and physical complaints), wealth and wisdom. It can also help you to reboot and rewire your brain to get out of negative patterns of thought. Let me know if you would like to join us and I will give you further instructions.

**Qi Gong classes at McNabb CC.** Regular 8:30 to 10:15am Saturday morning classes resume Jan. 6.

**Qi Gong classes at Soloway JCC.** Feel the Healing beginner Qi Gong classes (12 weeks) start Thurs. Jan. 11, 2018 from 6:15 to 7:15 pm. Cost: \$102 (members), \$133 (non-members) Call 613-798-9818 x-278 to register.

### Tai Chi classes at Plant Rec. Centre.

Beginner classes (9 weeks) start Thur. Jan. 11, 2018 from 6:00 to 7:00 pm. Cost: \$88.25

Intermediate classes (9 weeks) start Thur. Jan. 11, 2018 from 7:00 to 8:00 pm. Cost: \$88.25

Call 613-232-3000 to register.



**MERRY CHRISTMAS & HAPPY NEW YEAR**

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