



# Qigong with Mike Raynor

## FitnessWorks, Morro Bay

### Saturdays at 10:45 AM



**Mike Raynor Certified Qigong Instructor - ACE Certified Personal Trainer**

*"You are invited to an exercise in peace, contentment, and eternal youth."*

### **Qigong defined:**

Qigong (pronounced 'chi gung') is a system of coordinated body posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training.

### **What is Qigong?**

'Qi' is energy or life force—'Gong' is a skill acquired through practice. According to Traditional Chinese Medicine (TCM), cultivating and moving Qi takes the highest priority. Qigong practices help cultivate and move healing energy, through meridians (energy channels) in the body, with both static and moving meditations. The practice is focused on moving stagnant Qi and releasing blockages in the body, which helps maintain the balance between Yin and Yang.

### **Why Qigong?**

Your quality of life will improve on multiple levels because you will have the mental focus, relaxation, balance, and endurance with your joints moving with fluidity and ease. The simple external movements help with posture, body stiffness, joint pain, range of motion, agility and balance. The mindful meditations help to be in harmony with nature, and in tune with seasons, elements, organs, animals, colors, tastes, sounds, emotions, and relationships. You can learn to move through the ebbs and flows of life with more grace and ease.

### **How does Qigong relate to Tai Chi?**

Tai Chi and Qigong are closely related, as they develop the same energy. In fact, Tai Chi practitioners use Qigong for conditioning. The difference is, in Tai Chi, there are connected movements, and long sequences - where as in Qigong, each movement has more repetitions, and you can develop a routine to address specific healing.



## How does Qigong differ from traditional Western ‘exercise’?

In the West, we typically believe that pushing the limits on cardio and strength training is high quality exercise. However, even though Traditional Chinese Medicine (TCM) also believes that we should move our bodies everyday, we should not push them to an extreme. Also, in Qigong, you are slowing down the breath and heart-rate during the practice opposed to an elevated heart-rate with traditional western exercises.

### Class format and what to expect:

Class time is one hour. The first 20 minutes is for warming-up, light stretching, and preparing for the moving meditations. We’ll continue with a traditional Qigong sequence such as The Five Elements (Wood, Fire, Earth, Metal, Water), Eight Brocades, Shibashi 18 form, or a sequence that fits the season, an organ or element. We might breakdown a movement in detail, and we usually finish with a cool down stretch. There are modifications for all movements, and breaks as needed.

### Clothing/equipment:

The clothing should be loose-fitting, light and comfortable. It’s common to practice barefoot, or with flat, thin-soled, flexible shoes. No special equipment is needed.

Participants are welcome to visit the class on an intermittent basis.

The movements are easy to learn, and there is no need to memorize anything!

Though the movements are simple, they can be life changing.

Feel free to message me with any questions.

Mike Raynor

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