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qigong uses simple poses and breathing patterns to promote a healthy flow and reduce stagnation of qi proper flow of qi can help the body engage its own healing processes the literal translation of qigong is to work with qi yoga versus qigong qigong is not a form of yoga when tai chi is performed for health it is considered a form of qigong and involves integrated physical postures focused attention and controlled breathing tai chi is one of the hundreds of forms of qigong exercises that was developed in china other forms of qigong include baduanjin liuzijue hu yue xian yijin jing and medical qigong to get there however requires foundational skills and a healthy dose of dedicated training neigong training all systems of neijia 训练 training the broad family of chinese internal arts should already have neigong principles built in this is true regardless of the nature of practice martial health or spiritual medical which focuses on healing martial which improves physical fitness and skill spiritual which looks to spiritual enlightenment qigong s benefits for physical health simply put the benefits of practicing qigong overwhelmingly point toward realizing better health and an improved overall quality of life tailored qigong practices can even target specific body systems and functions isolating organs or tissues to effectively address individualized health concerns by tapping into the parasympathetic nervous system qigong can help reduce stress and anxiety which has many implications for health qigong offers the beautiful gift of working to quiet the

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