

QiGong TaiChi FOR —
Cancer patients / Survivors / Caregivers

Mind Moves Qi

Qi Moves Body

TaiChi / QiGong is a traditional Chinese meditative art - a Mind - Body exercise rooted in martial arts, traditional Chinese medicine, and philosophy. It aims to strengthen, relax and integrate mind and body through a choreography combining slow, intentional movement with rhythmic, conscious breathing, focused attention, imagery, and intention.

The power of TaiChi / Qigong is rooted in the feet, issued by the legs, governed by the waist, and expressed in the fingers.

Qi means “vital energy” or “life force”.

Gong means “work” or “discipline”.

SO,

QiGong can be translated to mean “energy work”.

QiGong / TaiChi form has been practiced for centuries by millions of people. Each form focusing on a different physical area Qi meridian and the flow of Qi.

By practicing movements and breathing that help with the smooth circulation of Qi, then help balance the energy of mind and body also can learn to maintain this balance of YIN YANG throughout the day.

Learning / knowing how the meridians are affected physical benefits during or after cancer treatments.

In traditional Chinese medicine, it is believed that disease is caused by a blockage or unbalanced energy flow in the body. Like many therapies in traditional Chinese medicine, QiGong is thought to help unblock or balance energy flow and help the body heal. Self-care!

Several QiGong exercises have been developed to specifically open the 12 energy channels allows Qi to flow throughout the body.

TaiChi / Qigong is a safe, low-impact mind- body practice that combines gentle movements, deep breathing, and meditation. It is highly recommended in integrative oncology to help cancer patients reduce pain, manage cancer-related fatigue, and improve sleep quality and overall mood without overtaxing the body. These are uniquely beneficial for cancer survivors and caregivers as well!

How do you do it? Some tips:

Train your breathing--- make long breaths, breathe normally.

Don't close your eyes.

Don't open your mouth (with your mouth shut).

Put your tongue on the roof of your mouth.

Tuck in your tummy and slant your hips forward (breathe normally)

After Taichi Qi Gong practice, you'll create more saliva (it's good because many unhealthy people have dry mouths) .

After Taichi Qi Gong practice, you'll have longer and deeper breaths (it's good because many unhealthy people have short breaths) .

WaWa Chiou WaWa Strader



In 1999, an earthquake struck my village in Taiwan, and had a devastating effect on my family, friends and neighbors. It left its survivors with long-term stress-related problems, anxiety, and frightening memories. And I was the lucky one: because I had survived. As a result of the earthquake, I lost almost everything--family members and friends, home and possessions, and my livelihood, I no longer had a home for shelter. Making it through each day was extremely difficult. In spite of the disaster, I was

fortunate because I had survived, but I was experiencing the effects of post-traumatic stress disorder, commonly referred to as PTSD.

After several years of struggling with PTSD, I was introduced to a kind, gifted master of Tai Chi. He had heard my story, which was similar to so many others. He offered me something that, if I might allow it, could bring me the power and energy to heal and change my life. He offered to teach me Tai Chi/Qi Gong.

Although I was a diligent student, the success he spoke of didn't come easily. After several weeks of training, I was becoming impatient and ready to quit. However, he encouraged me to give it one more week, and I agreed. It was during that week that I suddenly experienced the beginning of the healing process. This precious gift was given to me by my Master, and I would like to share it with others who might benefit from its practice.

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Several Qi gong exercises have been developed to specifically open the 12 energy channels or "meridians" in the body that are recognized in traditional Chinese medicine. Opening these channels allows Qi to flow throughout the body.

I look forward to sharing Tai Chi/Qi Gong with you and to help you achieve your Tai Chi/ Qi Gong goal--whether it be for emotional balance, meditation, self-care or for the physical challenge.