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Thus, qigong means working with the life energy, learning how to control the flow and distribution of qi to improve the health and harmony of mind and body. Qigong is a holistic system of self healing exercise and meditation, an ancient, evolving practice that includes healing posture, movement, self massage, breathing techniques, and meditation.

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Kenneth S. Cohen's The Way of Qigong is a really great book on Qigong. Some say that the drawings are not adequate to understanding the moves they illustrate; however, we find that if you combine them with the descriptions, it is really quite clear. And this book has everything.

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The Way of Qigong: The Art and Science of Chinese Energy ...

The Way of Qigong Qigong (ch'i kung, chi gong), China's ancient system of energy medicine, consists of exercises and meditations that stimulate the flow of qi, life energy. Kenneth Cohen personally teaches both the theory and practice of Qigong and related arts such as Tai Chi (Taiji Quan) and Chinese tea culture. Qigong has many applications.

Ken Cohen | Qigong Healing

Qigong, qi gong, chi kung, or chi gung is a centuries-old system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training. With roots in Chinese medicine, philosophy, and martial arts, qigong is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance qi, translated as "life energy". Qigong practice typically involves moving meditation, coordinating slow-flowing movement, dee

Qigong - Wikipedia

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