
Qigong

What is Qigong?

Qigong is a traditional Chinese exercise that promotes health and longevity. This cultivation practice combines slow and flowing movements that are mostly done while standing, connecting movement, breathing and intention. The pace is usually moderate, allowing people to practice it throughout their lives, regardless of age or physical condition. Qigong helps harmonize body and mind, increases coordination and stability, has a positive effect on mood, and improves overall vitality.

How to prepare for Qigong practice?

Qigong is usually practiced in shoes. Since we will be exercising indoors, indoor shoes with a thinner and wider sole are suitable, which will provide sufficient stability and comfort. Clothing should be loose and comfortable so as not to hinder the movement and flow of qi. Ideally, you should not eat for at least 30 minutes before and after exercise. During the exercise, it is recommended either not to drink, or to drink warm water or weak tea. Although most movements require a certain range, they should never be exercised to the maximum and certainly not to the point of pain, exercise should be enjoyable and respect your body's capabilities.

What will we do and what is the teaching style?

There are hundreds of different qigong exercises, but we will focus on *ba duojin*, an exercise also known as the "eight pieces of brocade". This exercise has many variations, and the name "brocade" comes from the prized Chinese fabric, symbolically reflecting its value. The traditional Chinese way of teaching is cyclical – first we learn the composition as a whole and gradually refine the individual details, similar to when a sculpture is created from a block of stone. The teaching will therefore be mainly practical and more detailed information will be needed only after some time. When I started on this journey many years ago, I had dozens of questions and theories running through my head, but as it turned out, my first *taijiquan* teacher gave me the best answer: "practice."

Pavel Žák, a certified leisure teacher and second-class *taijiquan* and qigong coach, will guide you through the lesson.

The courses will take place every Monday from 4:00 p.m. to 5:00 p.m. at the Hybernská Campus in the period from February 3, 2025 to May 26, 2025.

Registration from 8/1/2025

REGISTRATION ENDED, THE COURSE IS FULL, INCLUDING REPLACEMENT !!!