



# QIGONG

## AT MUSTARD SEED MASSAGE

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**Qigong is considered the root of all traditional Chinese medicine practices, and combines postures, breathing and mindfulness into a moving meditation with the goal of clearing the mind, releasing stress and building awareness in the body.**

It helps reduce blood pressure, relieve depression and anxiety, and improves the immune system & overall coordination.

Qigong (alternatively spelled chi gung or chi kung) literally translates into “energy cultivation or energy exercise”. It is a form of gentle exercise composed of movements that are repeated a number of times, often stretching the body, increasing fluid movement (blood, synovial and lymph) and building awareness of how the body moves through space.

The idea is to allow energy to move fluidly and efficiently through the body. Where there is a blockage of energy or qi, then the body becomes imbalanced, and over time this can result in disease. Regular practice of qigong, creates better qi flow and as a result, better overall health.

## QIGONG IS GREAT FOR THE MIND

Qigong gives mental clarity. Many physical problems are at least partially due to, or aggravated by, mental or emotional stress, so the importance of the inner tranquility developed through qigong cannot be overestimated. The practice of qigong helps manage the stress, anger, depression, worry, and general confusion that prey on your mind when your qi is not regulated and balanced. Strengthening and balancing the energy of your mind enhances your ability to detect subtle nuances and to perceive the world and its patterns at ever-increasing levels of complexity.

Qigong was primarily developed as an exercise to keep people healthy and reduce tension. Qigong is practiced by people of all spiritual and religious persuasions. Although the basis of qigong is Taoism, one of the primary Eastern religions, there is no necessity to learn or believe its philosophy to practice qigong. Basically anyone can practice it, regardless of your spiritual belief system. Qigong gives mental clarity. Many physical problems are at least partially due to, or aggravated by, mental or emotional stress, so the importance of the inner tranquility developed through qigong cannot be overestimated. The practice of qigong helps manage the stress, anger, depression, worry, and general confusion that prey on your mind when your qi is not regulated and balanced.

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## COME DISCOVER AMAZING BENEFITS OF QIGONG WITH NICOLE

Many of you know that Nicole offers many skills other than massage therapy. As a lover of energy healing, she has studied and practiced energy balancing techniques, such as Reiki & Pranic Healing for over 10 years. In the last 5 years, Nicole has been refining her practice in the art of Qigong. Qigong literally means “energy exercise or cultivation”. In her recent visit to Thailand, she was submerged in a daily regimen of Qigong Practice which deepened her awareness as well as her love for the healing art. Her instructor Minke De Vos had been a Senior Instructor of Master Mantak Chia who created the Universal Healing Tao System of Qigong and other Healing Arts. Minke saw how advanced Nicole seemed to be in her practice and asked her if she'd like to interview to become a Universal Healing Tao Instructor. Nicole accepted, and is now a Certified Universal Healing Tao Instructor. Nicole wishes to share the wonderful benefits of qigong with her clients and the Mustard Seed Community.

Space is limited to only 12 students per class, so if you're interested be sure to sign up fast. It's even better to sign up for 4 consecutive classes to get the maximum benefit. Each class builds on the next. However, showing up for any class will offer great benefit. Nicole will give you simple yet profound movements to do with breath and visualization that you can do at home and develop your own practice.

### Other Benefits of Practicing Qigong

Although I can't guarantee that you'll live to be one hundred, I can tell you that it will improve the quality of your life. Qigong practice offers a myriad of health benefits. Some of these benefits include: improves circulation, reduces pain, helps prevent muscle spasms, reduces stress, relieves migraines, improves posture and flexibility. It also builds bone density, increases injury recovery and loosens muscle tension, making it a great compliment to massage therapy. Curious to what qigong can do for you? Well come on out and see. We hope to see you there.

## SATURDAYS AT 10 A.M.