



INTRODUCTION TO QIGONG

6 Week Course

with Emma Ahearn

Course Manual

CONTENTS

WEEK 1
INTRODUCTION TO QIGONG
(PAGE 4-5)

WEEK 2
'SONG' (SOFTNESS)
(PAGE 6-7)

WEEK 3
LOWER DANTIAN (JING ESSENCE)
(PAGE 8-9)

WEEK 4
MIDDLE DANTIAN (QI ESSENCE)
(PAGE 10-11)

WEEK 5
UPPER DANTIAN (SHEN ESSENCE)
(PAGE 12-13)

WEEK 6
Putting It All Together
(PAGE 14-15)

ABOUT EMMA
(PAGE 16)



WEEK ONE

INTRODUCTION TO QIGONG

Qigong (pronounced chi-gong) is an ancient Chinese movement practice that has been utilised as a form of medicine for centuries. This is due to Qigong's many benefits, such as longevity, good health and happiness.

Qigong not only benefits our physical body, but also works with our energetic body, by releasing old and stagnant chi (energy), allowing chi to flow freely throughout the body and increasing your sense of aliveness and wellbeing.

The word Qigong can be broken down into it's meaning:

QI = LIFE FORCE, ENERGY
GONG = 'PRACTICE' OR 'TRAINING'

Essentially, Qigong translates to 'energy practice'.

By being an 'energy practice' Qigong also allows you to deeply connect to self, cultivating a sense of calm, peace and awareness within.

BREATHING TIPS IN QIGONG:

NORMAL BREATH: Breathing slowly in and out through the nose, filling up the lower belly to cultivate new chi.

CLEANSING BREATH: Breathing in through the nose and out through the mouth with a sigh to release old chi.

QIGONG STANDING FORM NOTES:

- Feet hip distance apart
- Tail bone tucked under
- Knees soft and unlocked
- Lengthen through the spine
- Spaciousness through the side body and armpits

The standing form allows the qi to run freely throughout the body, without stagnating from locked joints.

CLASS SEQUENCE

Bamboo In The Wind
Qigong stance
Opening The Qi Gates

Qi Massage (Tapping)
Knocking On The Door To Life

Reach And Lean
Lung Meridian Breathing
Twist And Flow
Pushing Heaven And Earth

Full Body Flow
Embrace The Tiger, Return To The Mountain

Closing The Qi Gates
Relaxation

WEEK TWO

'SONG' (SOFTNESS)

Song (pronounced 'sung') is one of the fundamental principles of Qigong. This principle allows you to focus on releasing tension and tightness from the body - to relax and bring softness into the muscles, joints, tendons, organs and bones.

In relaxing the body through Qigong the mind also follows, which aids to release negatively charged thoughts and emotions, as you move through a class.

Ultimately, this aspect of Qigong allows you to practice a gentle kindness to yourself, as you learn and practice to soften the body, as well as the mind. This includes practicing to soften your own heart, to cultivate a strong sense of compassion and self love towards yourself.

In addition, Song encourages a 'less is more' approach to Qigong. As we move and breathe, we direct a gentle love towards ourselves, towards our own heart, where there is no self-judgement, limitations or expectations of ourselves.

In this space and throughout the classes you allow yourself to simply be. In this being, you connect into the body and honour how you feel in any given moment. This means listening into what your body has to say, which might look like slowing down or not going as deep into a movement. As you practice in comfort, with a gentle softness directed towards yourself, you are allowing the qi ('chi' - energy) to flow freely throughout the body. Hence, 'less is always more'.

CLASS SEQUENCE

Bamboo In The Wind
Qigong stance
Opening The Qi Gates

Qi Massage (Tapping)
Knocking On The Door To Life
Flying

Reach And Lean
Lung Meridian Breathing
Twist And Flow
Pushing Heaven And Earth
Connect To The Earth Standing Form

Full body flow
Embrace The Tiger, Return To The Mountain

Closing The Qi Gates
Relaxation

WEEK THREE

LOWER DANTIAN (JING ESSENCE)

The Lower Dantian is the first of the three treasures (energy centres) in the body, according to Qigong philosophy.

The Lower Dantian is located just below the navel point.

This Dantian holds our Jing essence, which is also referred to as our life force or life energy. As we age, our Jing essence (life force) becomes stored in our kidney's. We use this stored essence later in life, when the body needs it.

Our Jing essence (life force) and the kidneys are known to have a yin energy, which makes the lower dantian the feminine energy center in the body. Thus, our Jing essence invites in a quality of ease, gentleness and compassion into our lives.

FORM NOTE:

The movement 'knocking on the door of life' directly stimulates the lower dantian. It does this by tapping the Ming-Men, which is also known as our life gate or door to life. This gate is located on the lower back, where the kidney's live.

When stimulated, this gateway allows the Qi to build up in the Lower Dantain, to then circulate throughout the entire body, bringing a sense of vitality into the body.

CLASS SEQUENCE

Bamboo In The Wind
Qigong stance
Opening The Qi Gates

Knocking On The Door To Life
Hip circles
Flying
Forward Fold

Twist And Flow
Pushing Heaven And Earth
Tao Yin Flow

Consolidate True Essence
Embrace The Tiger, Return To The Mountain

Closing The Qi Gates
Relaxation

WEEK FOUR

MIDDLE DANTIAN (QI ESSENCE)

The Middle Dantian is the second of the three treasures (energy centres).

The Middle Dantian is located at the heart space. This Dantian holds our Qi essence, which is known as our circulating life energy/Qi.

Qi ('chi') essence is known to be a neutral energy within the body, neither yin nor yang. This essence allows for the movement of the breath in and out of the lungs, and the movement of our muscles, ligaments, tendons and bones. It is also responsible for the flow of blood in our vessels and arteries. Qi essence is the animator of all things within the body that keeps us alive; it essentially powers the body.

Qi essence is associated with the liver and spleen. When the Qi is balanced in these organs, we feel a sense of kindness, gentleness, openness and stability within ourselves.

FORM NOTE:

The standing form of Framing The Heart invites Qi into the Middle Dantian. As we hold this position, we visualise fresh Qi coming in through the mudra, filling up our heart space. This Qi then settles into the Middle Dantian, to be later used to power the body. In addition, to building up our Qi essence, this form also allows us to connect into our heart's inner guidance and wisdom.

CLASS SEQUENCE

Bamboo In The Wind
Qigong Stance
Opening The Qi Gates

Cupping The Qi
Spinal Cord Breathing
Framing The Heart

Lung Meridian Breathing
Picking Cherries
Tao Yin Flow

Separating The Mountains
Embrace The Tiger, Return To The Mountain

Closing The Qi Gates
Relaxation

WEEK FIVE

UPPER DANTIAN (SHEN ESSENCE)

The Upper Dantian is the last of the three treasures (energy centres).

It is located at the crown of the head, at Bai Hui point. The Upper Dantian holds our Shen essence, which is known as our spirit or higher selves.

Shen essence is known to have a yang energy. This is because Shen essence can move downwards into the lower dantian. When our Shen essence mingles with our Jing essence, it creates inner alchemy. This inner alchemy is the feeling of being made up of pure light and being at peace with yourself and the world around you. This alchemy happens with regular and consistent practice.

Shen essence is associated with the heart. When balanced, this essence invites in a sense of love, compassion and joy into the body and our lives. However, Shen essence can escape out of the body through the eyes. Thus, meditation and the relaxation at the end of practice is important to fully harness this essence.

Form Note:

Turning The Great Wheel allows us to strengthen our shen essence. We do this by visualising holding white light and allowing it to break through anything that doesn't belong in our Qi field. By clearing negative energy in and around our body, we allow our shen essence to flow freely and uninterrupted.

CLASS SEQUENCE

Bamboo In The Wind
Qigong Stance
Opening The Qi Gates

Knocking on the door to life
Spinal cord breathing
Framing The Heart

Lung meridian breathing
Picking Cherries
Tao Yin Flow

Turning The Great Wheel
Embrace the tiger, return to the mountain

Closing The Qi Gates
Relaxation

WEEK SIX

Putting It All Together

Notes For Every Practice:

- Remember to keep the knee's unlocked in your standing form
- Take deep slow natural breaths to bring in fresh Qi for the body
- Take cleansing breaths to release tension and expel old Qi from your body and mind
 - Become aware of the lower, middle and upper dantian's as you move
 - Honour the body and where you are at any given moment
 - Allow each movement to be soft and fluid
 - Practice kindness towards yourself
 - Less is always more

A message from Emma:

I am sending you love and a big thank you for completing this 6-week 'Introduction To Qigong' course. I hope that you enjoyed the course and got something out of each week. I also hope that this course provided you with the basics of Qigong to now feel confident in practicing any class with me.

Please don't hesitate to contact me if you have any questions about Qigong. I would love to hear from you.

With gratitude, Em xx

CLASS SEQUENCE

Bamboo In The Wind
Qigong Stance
Opening The Qi Gates

Qi Massage (Tapping)
Knocking On The Door To Life
Spinal Cord Breathing
Flying

Reach and Lean
Twist and Flow
Tao Yin Flow

Full Body Flow
Embrace the Tiger, Return to the Mountain

Dantian Meditation

Closing The Qi Gates
Relaxation



— 卐 —

About Emma

— 卐 —

Emma's journey with Qigong started in 2017, where she attended a class and deeply felt the benefits of the practice. After one class, she was hooked and decided to complete her teacher training in 2018-19 at Chi Space.

As a qualified teacher, Emma is passionate about making Qigong, as well as other mindful practices, such as yoga and meditation, accessible to all. She strives to share these practices in a heart felt, kind and understanding way, believing that they are for everyone.

Emma believes that Qigong offers the space to feel into your internal world, inviting you to connect into your being and heart space; to tap into the feeling mind rather than the thinking mind.



embody
self

Mindfulness | Natural Health | Sound Therapy

embodyself.com.au

info@embodyself.com.au

[f](#) [📷](#) /embodyself