

The Complete Guide to Health Qigong

Ancient Wisdom. Modern Science. Lifelong Wellbeing.

What is Health Qigong?

Discover the Ancient Art of Modern Wellbeing

"Where ancient wisdom meets modern science to help people move better, breathe deeper, and live healthier."

For over two thousand years, people have sought simple yet effective ways to improve their health, strengthen their bodies, calm their minds, and live longer, healthier lives. Among the many wellness traditions that have stood the test of time, **Health Qigong** remains one of the most respected and widely practised systems of holistic exercise.

Today, Health Qigong is practised by millions of people across the world—not because it is ancient, but because its principles continue to be relevant in modern life. As our daily routines become increasingly sedentary, stressful, and technology-driven, people are looking for safe, enjoyable, and sustainable ways to care for both body and mind. Health Qigong provides exactly that.

At **Health Qigong Canberra**, our mission is to make this internationally recognised wellness practice accessible to everyone in our community. Whether you are looking to improve your mobility, manage everyday stress, maintain an active lifestyle, support healthy ageing, or simply enjoy moving with others in a welcoming environment, Health Qigong offers a pathway that is suitable for people of all ages and abilities.

Unlike many exercise programs that focus only on physical fitness, Health Qigong adopts a whole-person approach. It combines **gentle movement, natural breathing, mindful awareness, relaxation, and coordinated body mechanics** to cultivate overall wellbeing. The practice is low-impact, adaptable to different fitness levels, and can be enjoyed throughout every stage of life—from children and busy professionals to older adults seeking to maintain independence and vitality.

Modern scientific research continues to explore the potential benefits of mind-body exercises such as Health Qigong. Studies suggest that regular practice may support improvements in balance, flexibility, mobility, emotional wellbeing, sleep quality, stress management, and overall quality of life. While Health Qigong is **not a substitute for medical care**, it is increasingly recognised as a valuable complementary wellness activity that supports healthy living alongside conventional healthcare.

Our philosophy is simple:

Healthy movement creates a healthier body.

Healthy breathing creates a calmer mind.

Healthy awareness creates a better life.

Health Qigong brings these three elements together into one enjoyable practice that can be sustained for a lifetime.

Why Health Qigong?

Modern life has transformed the way we work, move, and live. While technology has made many aspects of life easier, it has also introduced new challenges that affect our physical and mental wellbeing.

Many people today spend long hours sitting at desks, driving, or looking at screens. Daily stress, reduced physical activity, poor posture, and limited opportunities for mindful relaxation have become increasingly common. These lifestyle factors may contribute to muscle stiffness, reduced flexibility, decreased balance, fatigue, poor sleep, and feelings of stress or mental overload.

Although many people recognise the importance of exercise, high-intensity fitness programs are not always suitable or enjoyable for everyone. Some individuals may be recovering from injury, managing age-related changes, returning to exercise after a long break, or simply looking for a gentler way to stay active.

Health Qigong provides an alternative approach.

Rather than focusing on speed, strength, or competition, Health Qigong encourages participants to move slowly, naturally, and with awareness. Each movement is performed with intention, coordinated breathing, and relaxed concentration. This creates an exercise experience that is both physically beneficial and mentally refreshing.

One of the greatest strengths of Health Qigong is its accessibility. The movements can be adapted to suit people with different levels of mobility and experience. Many exercises may be practised standing, and selected movements can also be modified for those who require seated participation under appropriate instruction.

Regular practice encourages participants to:

- Improve posture and body awareness.
- Develop better balance and coordination.
- Increase joint mobility and flexibility.
- Build gentle functional strength.
- Enhance breathing efficiency.
- Promote relaxation and mental clarity.
- Support healthy aging.
- Enjoy meaningful social connection through group practice.

Health Qigong is not about pushing the body beyond its limits. Instead, it is about working **with** the body—respecting its natural abilities while gradually improving movement quality, confidence, and overall wellbeing.

For many people, Health Qigong becomes more than an exercise routine. It becomes a sustainable lifestyle practice that encourages healthier daily habits, greater self-awareness, and a more balanced approach to physical and mental health.

What is Health Qigong?

Health Qigong is a structured system of mind-body exercise developed from traditional Chinese health preservation practices and refined using modern scientific principles.

The word **Qigong** (pronounced *chee-gong*) consists of two Chinese characters:

Qi (气) refers traditionally to the body's vital life energy or life force. In contemporary wellness contexts, Qi is often understood more broadly as the harmonious interaction between breathing, movement, mental focus, and the body's natural physiological processes.

Gong (功) means skill, practice, or achievement gained through consistent effort and dedicated training.

Together, **Qigong** can be understood as **the practice of developing health, vitality, and wellbeing through coordinated movement, breathing, and mindful awareness.**

Health Qigong differs from many traditional Qigong systems because it has been **scientifically standardized** by experts in sports science, rehabilitation, traditional Chinese medicine, biomechanics, and public health. The exercises are designed to be safe, systematic, and accessible while preserving the essential principles developed over centuries of practice.

Today, Health Qigong is recognised internationally as a gentle form of physical activity that promotes holistic wellbeing. It is practised in community centres, universities, hospitals, rehabilitation programs, schools, sporting organisations, and wellness facilities across many countries.

At Health Qigong Canberra, we teach authentic Health Qigong programs that combine traditional wisdom with modern teaching methods, enabling participants to experience the physical, mental, and social benefits of this unique practice in a safe, supportive, and enjoyable environment.

Excellent. This next section is where your website will truly stand apart. Most Health Qigong websites stop at saying "it's an ancient Chinese exercise." We will explain **how ancient wisdom evolved into a modern, internationally recognised wellness system**, while remaining historically accurate and legally appropriate for an Australian audience.

The History and Evolution of Health Qigong

A Journey of More Than Two Thousand Years

The story of Health Qigong is a remarkable journey through history. It is a story of observation, scientific curiosity, philosophy, medicine, and the human desire to live a healthier and more balanced life.

The origins of Health Qigong can be traced back more than **2,000 years**, with archaeological discoveries suggesting that early forms of breathing exercises and therapeutic movement existed even earlier in ancient China. Throughout history, scholars, physicians, philosophers, and martial artists observed that the body functioned best when movement, breathing, and mental awareness worked together in harmony.

Rather than being created by one individual or one school of thought, Health Qigong evolved gradually over many centuries through careful observation of nature, human movement, health preservation, and clinical experience.

Today, modern Health Qigong represents the culmination of this continuous evolution—combining traditional knowledge with contemporary scientific understanding to create a safe, structured, and accessible exercise system for modern society.

Ancient Origins

Historical records indicate that movement and breathing practices were already part of Chinese culture during the **Pre-Qin period (before 221 BC)**.

One of the earliest archaeological discoveries supporting these practices is the famous **Daoyin Tu (Guiding and Stretching Chart)**, unearthed from the Mawangdui Han Tombs in Changsha, China. Dating back over 2,000 years, this silk illustration depicts a variety of therapeutic exercises designed to improve flexibility, circulation, posture, and overall health.

Even at this early stage, ancient practitioners recognised an important principle:

Gentle movement performed with mindful breathing could help maintain health and improve quality of life.

This concept remains central to Health Qigong today.

Health Preservation Through Chinese Philosophy

The development of Health Qigong was influenced by several major schools of Chinese thought, each contributing valuable perspectives on health and wellbeing.

Daoist Philosophy

Daoism emphasised living in harmony with nature, cultivating inner balance, conserving energy, and allowing the body to function according to its natural rhythms.

Many of the slow, flowing movements found in modern Health Qigong reflect these principles of relaxed, efficient, and natural movement.

Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) introduced the concept that health depends upon maintaining balance within the body.

Although modern Health Qigong is not a medical treatment, many traditional movement practices were historically developed alongside Chinese medicine as methods of supporting general health and vitality.

Confucian Thought

Confucian philosophy encouraged self-discipline, continuous personal development, and harmonious living within society.

These values continue to influence the respectful and mindful approach encouraged during Health Qigong practice.

Buddhist Influence

Meditation, breathing awareness, concentration, and mindfulness further enriched the development of Qigong practices, helping practitioners cultivate mental calmness alongside physical wellbeing.

Together, these traditions shaped a holistic philosophy that views health as the harmonious interaction of body, mind, breathing, and daily lifestyle.

The Development of Classical Health Qigong Exercises

Over many centuries, numerous systems of therapeutic exercises emerged throughout China. While different schools emphasised different methods, several routines became particularly influential because of their simplicity, effectiveness, and accessibility.

These classical systems continue to form the foundation of modern Health Qigong education.

Ba Duan Jin (Eight Pieces of Brocade)

One of the world's most widely practised Qigong routines, Ba Duan Jin consists of eight graceful exercises that promote flexibility, posture, coordination, and whole-body movement. Its simple yet effective movements make it particularly suitable for beginners.

Wu Qin Xi (Five Animal Frolics)

Created by the renowned physician **Hua Tuo**, this system imitates the movements of the Tiger, Deer, Bear, Monkey, and Bird. Each animal represents different qualities of movement, balance, strength, coordination, and agility.

Liu Zi Jue (Six Healing Sounds)

Liu Zi Jue combines slow body movements with controlled breathing and six specific vocal sounds. The practice emphasises breathing awareness, relaxation, and coordination between movement and respiration.

Yi Jin Jing (Muscle-Tendon Changing Classic)

Yi Jin Jing focuses on improving posture, flexibility, muscular endurance, and body alignment through carefully coordinated stretching and strengthening exercises.

These routines have been practised for generations and remain among the most respected Health Qigong forms taught internationally today.

From Traditional Practice to Modern Health Qigong

During the twentieth century, China recognised the cultural and public health value of Qigong and began a significant effort to preserve, standardise, and scientifically evaluate traditional practices.

Rather than allowing different schools to evolve independently, experts from multiple disciplines collaborated to create a consistent, evidence-informed approach suitable for education, community health, and international teaching.

Specialists in:

- Sports Science
- Exercise Physiology
- Rehabilitation Medicine
- Traditional Chinese Medicine
- Biomechanics
- Public Health
- Education

worked together to refine traditional routines while preserving their essential principles.

This collaborative effort led to the development of **Modern Health Qigong**—a standardised system that is now taught worldwide.

The Chinese Health Qigong Association

A major milestone in the modern development of Health Qigong was the establishment of the **Chinese Health Qigong Association (CHQA)**.

The Association plays a central role in:

- Preserving authentic Health Qigong traditions.
- Developing standardised teaching methods.
- Training instructors.
- Supporting scientific research.
- Organising national and international competitions.
- Promoting Health Qigong as a community wellness activity.

Through collaboration with universities, research institutions, and health professionals, the Association continues to ensure that Health Qigong remains both culturally authentic and scientifically informed.

The International Health Qigong Federation

As interest in Health Qigong expanded globally, the **International Health Qigong Federation (IHQF)** was established to promote cooperation between member countries and maintain internationally recognised standards.

Today, the Federation:

- Supports instructor education.
- Develops international competition rules.
- Encourages research collaboration.
- Promotes cultural exchange.
- Organises World Health Qigong Championships and international events.

Health Qigong is now practised in more than **50 countries**, bringing together people from diverse cultures through a shared commitment to health, movement, and wellbeing.

At Health Qigong Canberra, our programs follow these internationally recognised standards, ensuring participants learn authentic methods taught with professionalism, safety, and respect for the tradition from which they evolved.

Ancient Wisdom Guided by Modern Science

Modern Health Qigong represents an important bridge between traditional knowledge and contemporary science.

While its philosophical roots remain deeply connected to Chinese culture, today's teaching methods are informed by modern understanding of:

- Human movement
- Exercise physiology
- Functional mobility
- Balance and coordination
- Breathing mechanics
- Stress management
- Healthy ageing
- Community wellbeing

This combination of tradition and evidence allows Health Qigong to remain relevant in today's world.

Rather than asking people to choose between ancient wisdom and modern science, Health Qigong demonstrates how both can complement one another in supporting healthier, more active, and more balanced lives.

The Science Behind Health Qigong

Where Ancient Wisdom Meets Modern Science

One of the reasons Health Qigong has continued to grow in popularity around the world is that it aligns remarkably well with what modern science tells us about healthy movement, breathing, stress management, and active ageing.

While its roots extend back thousands of years, today's Health Qigong is increasingly being studied by researchers in exercise science, rehabilitation, psychology, neuroscience, and public health.

Scientists may use different terminology than ancient practitioners, but many of their observations point towards the same conclusion:

Gentle movement, controlled breathing, and mindful attention work together to support physical and mental wellbeing.

Health Qigong is unique because it does not treat these three elements separately. Instead, it integrates them into one coordinated practice.

At Health Qigong Canberra, we describe this as our philosophy of:

Body • Breath • Mind

These three pillars work together to create a more complete approach to health and wellbeing.

The First Pillar – Body

Moving Well to Live Well

Movement is one of the most fundamental requirements for healthy living.

Our muscles, joints, bones, connective tissues, and nervous system are designed to move regularly throughout life. Unfortunately, many modern lifestyles involve prolonged sitting, repetitive tasks, reduced physical activity, and limited variation of movement.

Over time, this may contribute to:

- Joint stiffness
- Reduced flexibility
- Poor posture
- Loss of muscle strength
- Reduced balance
- Reduced coordination
- Decreased confidence in movement

Health Qigong addresses these challenges through slow, controlled, whole-body movements. Unlike many forms of exercise that isolate individual muscles, Health Qigong encourages the body to move as one connected system.

Every movement is designed to involve:

- the feet and legs for stability,
- the hips and spine for mobility,
- the shoulders and arms for coordination,
- and the eyes and head for spatial awareness.

This integrated movement helps develop what exercise scientists often refer to as **functional movement**—the ability to move efficiently during everyday activities.

Rather than exercising for appearance alone, Health Qigong trains the body to move better during daily life.

Mobility Before Intensity

One of the important principles of Health Qigong is that quality of movement matters more than intensity.

Instead of forcing joints beyond their limits, movements are performed slowly through comfortable ranges of motion.

This encourages participants to:

- improve joint mobility,
- maintain flexibility,
- develop better posture,
- strengthen stabilising muscles,
- improve coordination.

For many participants, this makes Health Qigong an enjoyable long-term activity rather than a short-term fitness program.

Balance and Coordination

Balance is one of the most important components of healthy ageing.

Good balance depends upon several body systems working together, including:

- muscles,
- joints,
- vision,
- inner ear,
- nervous system,
- body awareness.

Health Qigong challenges these systems gently through weight shifting, controlled stepping, coordinated arm movements, and postural control.

As confidence improves, many participants notice that everyday activities become easier and more comfortable.

The Second Pillar – Breath

The Power of Natural Breathing

Breathing is something we do every moment of our lives, yet very few people are ever taught how to breathe efficiently.

Modern lifestyles often encourage:

- shallow breathing,
- rapid breathing,
- chest-dominant breathing,
- breath holding during stress.

Health Qigong encourages slow, natural diaphragmatic breathing.

Rather than forcing the breath, participants learn to allow breathing to become relaxed, comfortable, and coordinated with movement.

This simple change may have profound effects on how the body feels during and after practice.

Breathing and the Nervous System

Modern physiology shows that breathing influences the autonomic nervous system.

The autonomic nervous system has two major branches:

Sympathetic System

Often called the "fight or flight" response.

It prepares the body for action.

Parasympathetic System

Often called the "rest and digest" response.

It supports recovery, relaxation, digestion, and restoration.

Slow, controlled breathing has been shown to support parasympathetic activity, helping the body transition from a state of stress toward one of calmness and recovery.

This is one reason many people report feeling relaxed after practising Health Qigong.

Breath and Movement

In Health Qigong, breathing is never treated as a separate exercise.

Instead, breathing and movement become one coordinated process.

As participants gain experience, movements begin to flow naturally with the rhythm of the breath.

This creates:

- smoother movement,
- reduced muscular tension,
- improved coordination,
- greater relaxation,
- enhanced body awareness.

The Third Pillar – Mind

Training Attention

Modern life constantly competes for our attention.

Phones.
Emails.
Social media.
Deadlines.
Traffic.
Noise.

Many people spend very little time fully aware of what they are doing in the present moment.

Health Qigong provides an opportunity to slow down.

Rather than focusing on external distractions, participants learn to direct their attention toward:

- posture,
- breathing,
- movement,
- balance,
- relaxation,
- present-moment awareness.

This mindful approach is one of the defining characteristics of Health Qigong.

Mental Wellbeing

A growing body of research suggests that regular participation in mind-body exercises may support:

- emotional wellbeing,
- stress management,
- self-awareness,
- confidence,
- quality of life.

Health Qigong is not psychotherapy, nor is it intended to treat mental illness.

However, many people find that regular practice becomes an important part of maintaining a balanced and healthy lifestyle.

Bringing the Three Pillars Together

The real strength of Health Qigong lies in integration.

Many exercise programs improve physical fitness.

Many relaxation techniques calm the mind.

Many breathing exercises improve respiratory awareness.

Health Qigong combines all three.

Body.

Breath.

Mind.

Each movement becomes an opportunity to develop:

- better posture,
- smoother breathing,
- calmer attention,
- efficient movement,
- greater self-awareness.

This holistic approach is one reason Health Qigong has remained relevant for more than two thousand years.

What Does Scientific Research Say?

Health Qigong has attracted increasing attention from researchers around the world.

Studies have investigated its role as a complementary wellness activity across different populations, including older adults, office workers, people returning to exercise, and community health programs.

While research is still evolving, systematic reviews and clinical studies suggest that regular Health Qigong practice **may contribute to** improvements in:

- Balance and postural control
- Functional mobility
- Flexibility
- Coordination
- Muscle endurance
- Quality of life
- Sleep quality
- Stress management
- Emotional wellbeing
- Confidence in movement
- Healthy ageing

As with all forms of exercise, individual experiences vary, and Health Qigong should be viewed as one component of a healthy lifestyle that may also include regular physical activity, nutritious eating, sufficient sleep, and appropriate healthcare.

A Typical Health Qigong Session

Although each program has its own structure, a typical class at Health Qigong Canberra includes:

Gentle Warm-Up

Preparing the joints, muscles, and mind for movement.

Breathing Awareness

Developing relaxed, natural breathing.

Fundamental Movements

Learning posture, body alignment, coordination, and movement quality.

Health Qigong Forms

Practising internationally recognised routines such as:

- Ba Duan Jin
- Wu Qin Xi
- Liu Zi Jue
- Yi Jin Jing

Mindful Relaxation

Finishing with gentle breathing and quiet reflection.

Participants leave feeling refreshed rather than exhausted, energised rather than depleted.

Exercise for a Lifetime

Many fitness trends come and go.

Health Qigong has endured because it is sustainable.

Its goal is not simply to become fitter today—it is to continue moving well throughout life.

Whether you are 15 or 85, beginning your wellness journey or maintaining an active lifestyle, Health Qigong offers an enjoyable and adaptable practice that can grow with you.

Move with purpose.

Breathe with awareness.

Live with balance.

The Benefits of Health Qigong

Supporting Health at Every Stage of Life

Health is more than simply the absence of illness. It is the ability to move with confidence, breathe comfortably, think clearly, manage life's challenges, and enjoy meaningful relationships with family, friends, and the community.

Health Qigong embraces this broader understanding of wellbeing. Rather than focusing on a single aspect of health, it encourages the harmonious development of the body, breathing, and mind.

Regular practice, combined with a healthy lifestyle, may support improvements in physical function, mental wellbeing, and overall quality of life.

Every person's experience is unique, but many practitioners describe feeling more relaxed, more mobile, and more connected to their bodies after making Health Qigong part of their weekly routine.

Physical Wellbeing

Health Qigong involves gentle, flowing movements that encourage the entire body to work together in harmony. Over time, regular practice may help support:

- Improved posture and body alignment
- Greater flexibility and joint mobility
- Better balance and coordination
- Functional strength for everyday activities
- Improved movement confidence
- Enhanced body awareness
- Greater ease of movement
- Healthy ageing through regular physical activity

Because the movements are low impact and adaptable, Health Qigong is suitable for many people who are looking for a sustainable form of exercise that can be enjoyed throughout life.

Mental and Emotional Wellbeing

Our minds are constantly processing information, solving problems, and responding to everyday demands.

Health Qigong provides dedicated time to slow down, breathe naturally, and become present in the moment.

Many participants report that regular practice helps them feel:

- More relaxed
- More focused
- Mentally refreshed
- Better able to manage everyday stress
- More emotionally balanced
- Better connected with themselves

Growing scientific research suggests that mind-body practices such as Health Qigong may contribute to improved psychological wellbeing and quality of life when practised regularly.

Healthy Ageing

As we grow older, maintaining independence becomes increasingly important.

Healthy ageing is not about avoiding growing older—it is about remaining active, confident, socially connected, and physically capable throughout later life.

Health Qigong supports healthy ageing by encouraging regular movement, balance, flexibility, posture, breathing awareness, and mindful relaxation.

Many older adults appreciate that the exercises are gentle on the joints while still providing meaningful physical activity.

Regular participation may support:

- Better balance
- Improved mobility
- Increased confidence when walking
- Maintenance of functional movement
- Social engagement
- Positive mental wellbeing

For many seniors, Health Qigong becomes more than exercise—it becomes an enjoyable weekly social activity that contributes to an active and fulfilling lifestyle.

Health Qigong for Children

Children today face challenges that previous generations rarely experienced.

Longer periods of screen time, reduced outdoor play, academic pressure, and increasing distractions can affect physical development and emotional wellbeing.

Health Qigong provides children with opportunities to develop:

- Body awareness
- Coordination
- Balance
- Concentration
- Emotional self-regulation
- Respect
- Self-discipline
- Confidence

Because the practice is enjoyable and non-competitive, children learn valuable lifelong movement habits while developing important personal qualities.

At Health Qigong Canberra, we believe leadership begins with self-leadership, and self-leadership begins with learning to manage one's body, breathing, and attention.

Health Qigong for Working Professionals

Modern workplaces often involve long hours of sitting, computer use, commuting, and high cognitive demands.

Many professionals experience:

- Neck and shoulder tension
- Poor posture
- Mental fatigue
- Stress
- Reduced physical activity
- Difficulty switching off after work

Health Qigong provides an effective opportunity to reconnect with movement and breathing after a busy day.

Regular practice may help professionals maintain a healthier work-life balance while encouraging sustainable physical activity and mental wellbeing.

Health Qigong for Athletes

Athletic performance depends on more than strength and endurance.

Elite athletes also require:

- Mobility
- Balance
- Coordination
- Efficient breathing
- Recovery
- Mental focus

Health Qigong complements many sporting activities by encouraging smooth movement patterns, body awareness, breathing efficiency, and recovery practices.

Many athletes use mind-body exercises as part of their overall training to support movement quality and mental preparation.

Health Qigong for Everyone

One of Health Qigong's greatest strengths is its accessibility.

Whether you are:

- beginning your fitness journey,
- returning after injury (with appropriate medical advice),
- seeking a gentler form of exercise,
- looking to maintain mobility,
- managing a busy lifestyle,
- or simply wanting to learn something new,

Health Qigong offers an enjoyable pathway towards healthier living.

Why Learn with Health Qigong Canberra?

Health Qigong Canberra was established with one clear vision:

To make authentic, internationally recognised Health Qigong accessible to the Canberra community through professional, evidence-informed instruction in a welcoming and inclusive environment.

Our programs combine:

- Authentic Health Qigong traditions
- International teaching standards
- Modern exercise science
- Safe and progressive instruction
- Friendly community learning

Our classes are designed for beginners while providing ongoing development opportunities for those wishing to deepen their practice.

Our Commitment

At Health Qigong Canberra, we are committed to:

- ✓ Authentic instruction
- ✓ Professional teaching
- ✓ Safe learning environments
- ✓ Lifelong learning
- ✓ Community wellbeing
- ✓ Respect for tradition
- ✓ Evidence-informed practice
- ✓ Inclusive participation for all ages and abilities

Meet Your Instructor

Health Qigong Canberra is led by **Eranga Weerasinghe**, an internationally recognised Health Qigong practitioner, educator, and leader with over two decades of experience in leadership development, coaching, and organisational excellence.

His qualifications include:

- Executive Board Member, International Health Qigong Federation (IHQF)
- International Certified Health Qigong Instructor
- Duan 6 Health Qigong Qualification
- Three-time World Health Qigong Gold Medallist
- Executive Coach and Leadership Practitioner

Drawing on both international Health Qigong expertise and a background in engineering and leadership, Eranga's teaching combines authenticity, professionalism, and a practical understanding of lifelong wellbeing.

Frequently Asked Questions

Do I need previous experience?

No. Beginners are always welcome.

Am I flexible enough?

Yes. Health Qigong is designed to improve flexibility gradually. You do not need to be flexible before starting.

Is Health Qigong suitable for seniors?

Yes. The movements are gentle and can often be adapted for different mobility levels.

What should I wear?

Comfortable clothing that allows free movement and flat, supportive footwear.

How often should I practise?

Even one or two sessions each week can become a valuable part of a healthy lifestyle. Many participants also enjoy practising at home between classes.

Is Health Qigong the same as Tai Chi?

They are related mind-body practices but have different histories, movement characteristics, and training systems. Both promote health and wellbeing, but Health Qigong places particular emphasis on structured exercises developed specifically for health preservation.

Can I practise if I have a medical condition?

Many people with medical conditions participate in gentle exercise programs. However, if you have any concerns or existing health conditions, please consult your healthcare professional before commencing any new exercise program.

Scientific Research

Health Qigong continues to be the subject of international research in areas including:

- Exercise Science
- Healthy Ageing
- Rehabilitation
- Psychology
- Integrative Medicine
- Public Health

Peer-reviewed studies and systematic reviews published in journals indexed by databases such as **PubMed** have explored the effects of Qigong and related mind-body exercises on balance, mobility, flexibility, quality of life, emotional wellbeing, and healthy ageing.

As research continues to evolve, Health Qigong remains an encouraging example of how traditional movement practices can complement contemporary approaches to health promotion.

Medical Disclaimer

Health Qigong is a complementary wellness practice designed to support general health and wellbeing. It is **not intended to diagnose, treat, cure, or prevent any disease** and should not replace professional medical advice, diagnosis, or treatment.

If you have an existing medical condition, are pregnant, recovering from surgery or injury, or have concerns about commencing an exercise program, please seek advice from your qualified healthcare professional before participating.

Begin Your Health Qigong Journey

Every journey towards better health begins with a single step.

Whether your goal is to improve mobility, reduce everyday stress, develop better balance, support healthy ageing, or simply discover a gentle and enjoyable form of exercise, Health Qigong offers a welcoming pathway.

At Health Qigong Canberra, we invite you to experience this remarkable practice in a supportive community where people of all ages and abilities can learn, grow, and thrive together.

Move with Purpose.

Breathe with Awareness.

Live with Balance.

Join a Health Qigong Canberra class and discover how small, consistent steps can contribute to lifelong wellbeing.