

# Qigong

Jun 13, 2025 · Qigong, a traditional Chinese medicine practice, has many possible benefits, from boosting mental health and balance to reducing chronic pain. Qigong, pronounced “chi gong,” was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, ... New to Qigong? Learn what Qigong is, how it combines gentle movement, breathing, and intention, and why this 4,000-year-old practice supports balance, relaxation, and overall well-being. WHAT IS QIGONG Qigong intelligently uses precise hand postures, smooth movements, and timed breathing to amplify light/magnetism that emits from our body. This light is called Qi in Chinese ... Aug 25, 2025 · Qigong is a relatively popular form of exercise practiced in China and elsewhere around the world. Because it is a complete program for individual health and wellness, it is very attractive to ... Qigong (/ 'tʃi:'ɡɒŋ /) [1][a] is a system of coordinated body-posture and movement, breathing, and meditation [2] said to be useful for the purposes of health, spirituality, and martial arts training. [3] ... Apr 19, 2022 · Qigong is a mental and physical practice, growing in popularity. Getting started has never been easier, we've gathered everything a beginner needs to know. Qigong combines moving meditation with coordinated breathing and posture into a simple yet profound health practice. Nov 20, 2025 · Qigong for beginners can help you regain focus when your energy is scattered. Explore 4 expert-backed, easy-to-follow practices to crank up your zen. Apr 21, 2025 · Qigong (pronounced “chee-gong”) is an ancient Chinese practice that harmonizes movement, breath and meditation to cultivate and balance life energy, known as “qi.” Rooted in ...

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[Your Guide to Qigong - Cleveland Clinic Health Essentials](#)

[Qigong - Wikipedia](#)

[What Is Qigong - QiGong](#)

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**Qigong for Beginners: A Complete Guide (+4 Exercises to Try)**

*How to Practice Qigong: 13 Steps (with Pictures)* - wikiHow

*What Is Qigong? Benefits, Types, Techniques and How to Do It - Dr. Axe*

**What Is Qigong? | National Qigong Association - NQA**

**Qigong: What You Need To Know | NCCIH**

## Qigong

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