

Medical Qigong

What is qigong?



QIGONG is the ancient practice of gathering, circulating and applying life force energy (Qi) to protect and strengthen your health, leading to a longer and healthier life.

Medical Qigong is divided into two categories.

The first, and most commonly practiced form, consists of a series of exercises combining breathing techniques with movement, visualization and spiritual intent. It accesses the internal and external energy fields to purge, tonify and balance your energies, improving your health and personal power.

In the second, a Qigong practitioner treats you by emitting Qi from his or her body to purge, tonify and regulate your Qi.

What are the benefits of Qigong?

- Enhanced internal energy
- Reduced stress levels
- Effective release of suppressed emotions that had become toxic to your body's tissues
- Slowed symptoms of senility
- Enhanced activity of your anti-aging enzymes
- Improvement of your cardiovascular function – a real benefit if you have heart problems
- Lowered blood pressure
- Increased energy and vitality
- Rebalanced Qi, thereby enabling your body to heal itself
- Your mind will feel relaxed, clear and alert

Q. Who can practice Qigong?

A. Everybody. There is no limit on age, sex or physical condition. Furthermore, it is an extremely efficient way for middle-age people to regain their zest and vitality.

Q. What is the goal of qigong exercises?

A. To increase and rebalance your Qi (life force energy) and to disperse pathogens.

Q. What will I feel after practicing Qigong?

A. Feelings or reactions will be different from person to person. The most common are feelings of calmness while being energized at the same time, a clear mind, improved concentration, positive

thinking, and the will and energy to get things done.

Q. Has there been any research done in China about the effects of Qigong?

A. Yes. The results have shown that the practice of Qigong:

- Reverses symptoms of senility
- Enhances the activity of anti-aging enzymes
- Reduces the blood pressure
- Improves cardiovascular function
- Improves the blood flow to the brain
- Can be effectively used in combination with medical treatments for cancer patients

Clinic Location

Shiatsu Centre

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Clinic Hours

Monday to Saturday
10:00 am to 6:30 pm
By appointment

To Find Out More, Contact...

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