

Stephen Mackay

Confident learners in the making...

Corporate Exercise

Qigong

Corporate goals

All of our corporate exercises are designed to build cohesion amongst employees which in turn improves productivity and workplace morale. However this exercise is designed to work primarily on the individual by

- reducing mental stress and physical exhaustion
- supporting mental clarity, nourishing intuition and creativity
- stabilising emotions and improving sleep patterns
- developing inner personal resilience and reducing cravings

It is recommended for those suffering with a chronic breathing disorder, osteoarthritis or heart disease and has been shown to improve balance, lower blood pressure and ease depression.

In the corporate environment, mentally and physically fit team members contribute far more to the group.

Outline of exercise

Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. This holistic system can be used for health, spirituality or martial arts training. It is the perfect means for improving and maintaining overall physical and mental health.

This exercise is available as a single 'taster session' or as part of a longer term commitment to your continued mental and physical wellbeing.

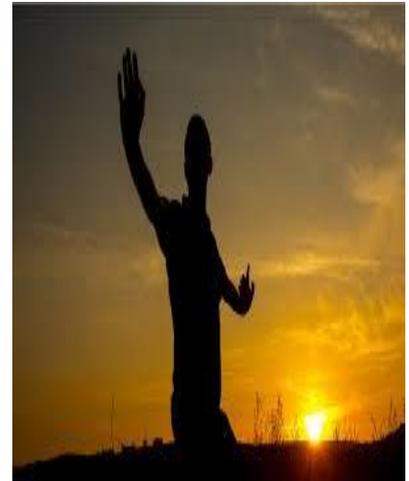
“ No matter how tough the day or how I'm feeling I always come away renewed and at peace with myself and the world. I love it. This practice is a true gift in my life

Detail of exercise

This exercise is designed to offer an simple, practical approach to some of the challenges of the modern workplace environment.

Your trainer will guide you through a sequence of slow flowing movements and deep rhythmic breathing which will leave you in a calm meditative state of mind. In doing so you will be left invigorated but calm

It is the perfect alternative for those who find meditation a challenge or a physical addition for those whose meditative practice is already well established.



+64(0) 21 347 663 / +64(0) 283 3573
steve@stephenmackay.co.nz
206 Cames Road, RD5,
Wellsford 0975, New Zealand



Personal skills to be developed

All our exercises are designed to ensure that you achieve some level of mastery with minimal instruction and maximum 'hands-on' experience. The success of these practical exercises will be as a result of the full engagement of your physical senses along with your wilful 'mindfulness'. In addition you can expect to challenge the following soft or personal skills,

- learn a short form routine for your daily practice and wellbeing
- acquire a basic understanding physical meditation.

Time frame

Allow 50mins - 1hour for each session; recommended as a continued course or as a one off 'taster session'

Group size

Recommended maximum is 6 for but larger numbers can be accommodated with discussion.

Materials, background reading list, essential equipment required

No preparation is needed by participating members.

Loose clothing which allows free movement.

Access to an outdoor venue is preferable but Qigong can be practiced anywhere.

Brief resume of trainer

Steve is a skilled craftsman, teacher and chartered engineer. He is a father of two and partner to the lovely Lynda. As an independent teacher he has developed a number of educational services that have been responsible for a wide range of growth and healing.

He has practiced yoga for the last twenty years and many martial art forms over a longer period including Wu Shu Kwan, Kendo, and Shotokan. His is passionate about the benefits he has experienced in both Tai Chi and Qigong and is keen to share the benefits of this practice.

Exercise cost

Price upon application

Travel fee may apply

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