

About Qigong at home and work

A new approach

Doing the same things, the same way and expecting a different result may not be effective. Consider that for many of the issues or problems that face us at work or at home, the answer often lies within.

Getting access to this inner wisdom can sometimes be made easier with a little help. The fact is, that such technology has been around for many years, we need only to access it.

An open mind

Being open to trying something new, based on something so very old, will help.

Everyone's experience of this gentle art will be different but you can expect to feel renewed or invigorated and certainly calm and peaceful after each session.

This ancient eastern wisdom is now backed by modern western science.

Meeting your corporate or group 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 as well as nourishing intuition and creativity
- Stabilising emotions and improving sleep patterns
- Developing inner personal resilience and reducing cravings
- Aid recovery

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

Choose to experience Qigong as a one-off 'taster session' or make it a part of a longer term health policy for your group. Contact me today for details.

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An introduction to Qigong

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Other services from Stephen Mackay Ltd.:

- Effective team building exercises
- Practical therapy for young and old
- Parental support for build projects at home
- Teacher training for practical build projects

Qigong

About Qigong

Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention.

Pronounced – “Chee gung”

It is a holistic system of coordinated body posture and movement, breathing, and meditation used for health, spirituality, and martial arts training.

With roots in Chinese medicine, philosophy, and martial arts, qigong is traditionally viewed as a practice to cultivate and balance qi (chi) or what has been translated as "life energy".

In this practice

You will be guided through a pattern of movements designed to open, balance and clarify the flow of qi through your body.

During this exercise you will be performing a moving meditation, coordinating slow flowing movement with deep rhythmic breathing which will produce a calm meditative state of mind.

In doing so we will increase longevity and aid healing.

It is the perfect complement to any intervention into chronic conditions such as a heart failure and osteoarthritis and a practical route into a sound practice of meditation.

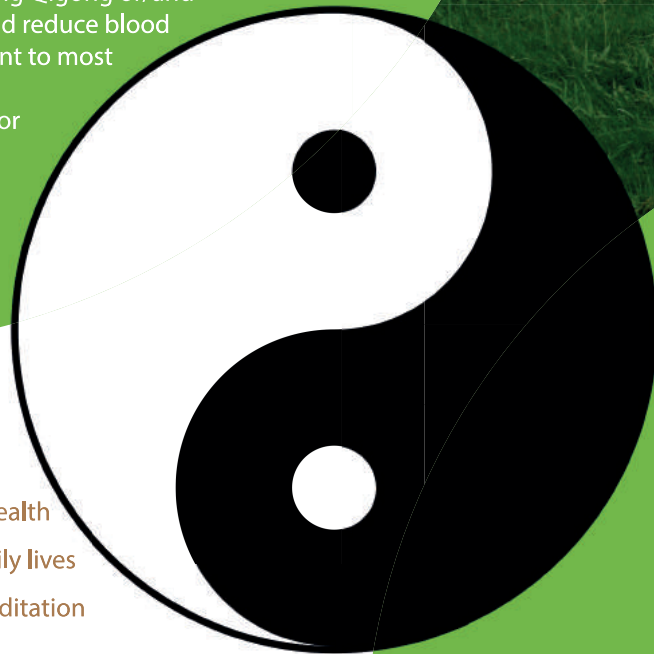
Considerable research has shown that interventions utilising Qigong or/and Tai Chi may help older adults improve physical function and reduce blood pressure, fall risk, depression and anxiety. It is a complement to most recovery programmes.

The slow pace of this form of exercise makes it accessible for all ages and fitness levels.

Who is Qigong good for?

- Anyone who recognises any level of workplace stress
- Anyone who wishes to take a holistic approach to their health
- Anyone who wishes to practice mindfulness in their daily lives
- Anyone looking to complement their own practice of meditation
- Anyone of any age and any fitness level

....basically anyone!



About Stephen Mackay

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

As a teacher and trainer he has developed a number of educational services that have been responsible for a wide range of growth and healing.

Stephen has over thirteen years industrial design experience and is grounded in but not daunted by, the mechanics of the modern workplace. His experience of a life well-chosen is an inspiration to those looking for life balance.

He is a father of two and partner to the lovely Lynda