

“Survive, Thrive & Be Fit!”

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Qigong

for Cancer Survivors!

Qigong with the Qigang offers opportunities for interested cancer patients/survivors, co-survivors, and caregivers to practice Qigong together and learn about the practice from one another!

ONLINE RESOURCES:

National Qigong Association	Five Treasures
https://www.nqa.org/5-treasures-qigong https://www.youtube.com/watch?v=gO5g3XxQV9w	Time: 21:00
The NQA website offers some useful resources including a wonderful 21-minute practice that was the starting point for some of us and continues to be a favorite practice. Following the follow-along practice are detailed instructions. If you would like a DVD of this practice, contact Tim.	

Qigong Institute	
https://www.qigonginstitute.org/	Resources
The Qigong Institute is a 501c(3) not-for-profit organization dedicated to promoting the scientific understanding of the basis of Qigong through research and education.	

RECOMMENDED VIDEOS:

Jeffrey Chand	Easy Qigong Warmp
https://www.youtube.com/watch?v=FR7-XiyV4rM	Time: 6:00
A great way to ease into you Qigong practice... or just start your day!	

Jeffrey Chand	7 Rules of Good Qigong Practice
https://www.youtube.com/watch?v=EWY6HeaMLio	Time: 11:00
Really good general information when considering a Qigong practice. Recommended by Tim.	

Jeffrey Chand	Qigong for Stress, Anxiety, and Energy
https://www.youtube.com/watch?v=EWY6HeaMLio	Time: 11:00
Recommended by Tim.	

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Nick Loffree	Five Element Qigong – Foundational Chi Exercises for Health & Healing.
https://www.youtube.com/watch?v=X5na_P8204I	Time: 22:00
Recommended by Tim.	

Nick Loffree	Easy Qigong for Beginners – Simple Bioenergy Exercises for Energy & Focus
https://www.youtube.com/watch?v=ACOAP0c4vfQ	Time: 17:00
Recommended by Tim.	

Nick Loffree	Qigong for Strength – Shaolin 5 Stances + Buddhist Qi Gong Sound Healing
https://www.youtube.com/watch?v=EZu_xaiMjB4	Time: 21:00
Recommended by Tim.	

Long White Cloud Qigong	Five Waves – 12 Minute Follow Along Practice with Instructions.
https://www.youtube.com/watch?v=AwrMzXQ-Wpc	Time: 12:00
Recommended by Tim.	

Dr. Jeff Tarrant, Neuro Meditation Institute	Qigong Demonstration: The Five Elements
https://www.youtube.com/watch?v=8R2gUv-Uw_w	Time: 25:00
Recommended by Tim.	