

QIGONG for YOU

A Meditation
In Movement



For Health
& Harmony



For Low Stress,
High Efficiency





'Qi' is the life force energy that moves through everything permeating the universe. The word 'Gong' means to cultivate, or work with. QiGong is a 4000+ year-old Chinese practice that revitalizes you, when you work with energy through your mind and body.

Although there are so many forms of qigong, the underlying theory, energetic anatomy, and principles of practice are common across most forms. The system we teach is taken from what the Tibetan Buddhist monks practiced under harsh conditions (while imprisoned by Chinese oppressive forces) to maintain their balance and endure physically without medical support. They are a set of 10 simple yet powerful exercises which can be learned in 2-3 hours and practiced through a 25 minute daily routine.

Benefits of Qigong

By learning how to cultivate your life force energy (Qi), you will be able to keep your energy channels clean, and maintain balance in mind, body and spirit. Qigong practice results in great health, healing and wellness...

Who is it for?

Actually, qigong is for anyone who wants control over their well-being! That said, you must take a session if you have a sedentary life or are into physical activity such as sports, dance or gym. You will stay fit and heal...

Schedule a Session

You can choose a private session with us, or participate in group practices. For institutions, half-day workshops can be scheduled; for de-stressing, energizing, healing and improving team productivity.

Qigong with us will address your life force energy, mind/thoughts and physical body. **It is a level subtler than yoga & meditation**, which are concerned with the mind and body only... and **two levels beyond** the excellent disciplines of **gym & sport**, which principally build the body.

Practitioners of several martial arts use Qigong exercises for healing themselves every day after their routines. Qigong techniques of balancing respiration, muscular movement and energy have proven to cure cancer and build resistance for the treatment of several modern-day disorders. Our sessions will reveal the reasons why... and what you can do to safeguard or treat yourself.

Apart from the mental and spiritual benefits, physically, you will see qigong set right your cardiovascular system, cerebral blood flows, blood pressure, your respiratory system, lung capacity, digestive system, quicker elimination of gases and toning the liver and pancreas, your endocrine system, nervous system, immune system and the locomotive system, strengthening bones and muscle elasticity.



What Participants Say...



I never realized the effects of qigong could be so immediate. I started the 25-minute routine you taught while I was feeling a pain in the lower back and was emotionally low. To my surprise I was cured of physical and emotional pains in minutes! Thanks a lot for these techniques. I'm a fan :-)

- Midela Fernandez, Retired Teacher

I am very grateful to you for the session and the inputs. The truth is that now I feel very well, and it seems much easier to control my anxiety.

Thank you for the course!
(Translated from Spanish)

- Anna Semitiel, Freelance Photographer

Thank you for the opportunity to learn qigong. It was more than a pleasure to have shared this moment with you. This was a very meaningful and great experience which will surely improve my life. Thank you!

- Maria Elena, Wellness Consultant

Yours was the first class where the method and significance of breathing was shared fully. Earlier I'd discovered on my own experimenting and teaching, breathing helps to focus the mind first and then we can work on the energy and the rest. Bravo, keep it up. You're both a delight!

- Mary Jane Miller, Renowned Artist/Painter

When I return from school I am completely exhausted but after learning qigong from you I started doing the routine everyday at sunset. Now I find I am ready for my husband, kids, housework and doing school stuff till midnight!

- Ana Lorena, Prep School Teacher

Let's Organize a Healthy Habit...

Qigong Workshop

- Ideal for **institutions, corporate companies, NGOs, academies**
- 4 hours in your premises; half-day session
- Perfect for upto 20 attendees
- No pre-requirements from participants; clothes to allow movement
- Need 2x2 metre free space for each participant and chairs for meditation
- Fee payable by hosting organization

Qigong Group Session

- Ideal for **residential societies, clubs, schools, colleges**
- 3 hours in a park / open space; spread over 1 or 2 days as suitable
- Great for 6 to 12 participants
- No pre-requirements from participants; clothes to allow movement
- Fee payable by each participant before start of session

Private Qigong Sessions

- Ideal for **families, individuals, homogeneous groups**
- 3 hours in our meditation room (in Gurugram)
- Suitable for 1 to 6 participants
- No pre-requirements from participants; clothes to allow movement
- Fee payable by participants/group before start of the session

Our Coaches

Sandeep Nath is an IIT, IIM alumni and through the last 15 years of his 20+ as the owner of a Consultancy firm, he has been in search of a deeper understanding of life purpose and all that we are made of. These pursuits have led him to meet with & learn from numerous spiritual and vedic masters and he brings the crux of this into all his teachings, especially Qigong. www.qigongforbeginners.com/team_member/sandeep-nath



Kenna Cordero was an entrepreneur in Mexico for 15 years before she decided to get out of the rat race and pursue her Buddhist calling. She did a 3-month silent retreat in Washington, USA before moving to India. An expert on relationships, emotion management, self-healing & blends these aspects into all her teachings, including Qigong meditation. www.qigongforbeginners.com/team_member/kenna-cordero



Past Host-Organizations



Contact

Konchog Tsondu

+91-965-002-8085 / 981-161-9125

konchogtsondu@gmail.com

www.QigongForBeginners.com