

QIGONG WORKSHOP

(SYNOPSIS)

Qigong is a Mind-Body-Breath exercise that can give remarkable health benefits. Originating from China, it has many similarities with Tai Chi, which more people are familiar with. However, Qigong is more known for healing and reversal of diseases (including cancers), either through self-practice, or healing by Qigong masters.

Scientific studies have shown that Qigong may be helpful for many health problems including metabolic syndrome, diabetes, hypertension and cancer.

The workshop will include a powerpoint presentation introducing Qigong and its benefits, a video on cancer reversal through Qigong, and practical exercises that everyone can learn to improve their health, and hopefully prevent or reverse their chronic diseases or cancer.
