

Stress Management with Qigong and Tai Chi

Starts Wednesday 2026-02-17 kl 19.00-19.45

6 weeks – 650 kr (SEK)

The course consists of 2 parts that complement each other – it is even possible to do seated

- *Five Element Qigong* is a “Tai Chi for Health™ Program”, QFH
- *Tai Chi for Rehabilitation* is a “Tai Chi for Health™ Program”, TCR

Stress management to help cope with everyday life. It will be easier to get through the day's *to-do* list, creating time to enjoy with family and friends. Here are tools to help –

- Breathing practice and warm-up exercises
- Five Element Qigong – an excellent 5-minute morning or calming evening exercise
- Three delightful Tai Chi movements – a healing tai chi set incorporating a movement from Five Element Qigong increases agility in movement, induces mindfulness and feels like a slow dance

Qigong originated in China about 5000 years ago and consists of slow relaxing gentle movements to calm the mind leading to a feeling of wellbeing. Considered a part of TCM (Traditional Chinese Medicine) that focuses on prevention as compared to Western medicine's targeted diagnosis of an existing problem.

Tai chi combines qigong with stepping, constantly evolving with new sets borrowing from different styles. Today most people practice tai chi to improve health. Calm, low-intensity movements have many similarities to dance and lead to meditation/mindfulness. It is impossible to do the movements while the brain works on tomorrow's *to-do* list. In the long run, it is most rewarding to practice outdoors in nature with a nice view anywhere or any time without any gear other than comfy clothes – giving a sense of freedom.

Course Objectives – *to:*

- Reduce stress
- Improve health
- Create mindfulness that provides peace and calmness
- Increase energy
- Improve balance in mind and body

Mindfulness = TO Be | Here | Now

The goal is to empower participants to improve their health and wellbeing



Instructor: Tai Chi for Health™ Certified Instructor Myra Lehmann

Questions may be sent directly to the instructor

Registration: Myra Lehmann, myralehmann@outlook.com or 0705-49 36 02

Participants decide whether to have camera on or off

Feel free to ask questions or just watch if that feels best

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