

# 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](mailto: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

Myra Lehmann, Certified Instruktor [Tai Chi for Health Institute](https://taichi4health.se)  
[myralehmann@outlook.com](mailto:myralehmann@outlook.com)  
070-549 3602



**Stress Management with Qigong and Tai Chi**  
[taichi4health-distans.se](https://taichi4health-distans.se)

2026