

Qigong: A Comfortable Starting Check

Companion to Qigong Benefits: Movement, Breathing and Clinical Evidence. You can use this sheet to prepare questions without practising.

- Use a clear space, stable surface and suitable support.
- Choose a firm chair if sitting is more comfortable.
- Keep ordinary breathing; do not hold or force the breath.
- Choose a small comfortable range, or remain still.
- Stop for pain, dizziness, faintness, unusual breathlessness or distress.
- Ask for individual advice where health, pregnancy, injury or balance affects suitability.

My support or adaptation

A question for a teacher

Experience and evidence are different records

Describe an experience simply: “the seated movement felt comfortable” or “I chose to stop”. Do not turn a sensation into a diagnosis or proof of an energy mechanism. Research on a named programme does not establish that any short routine treats a condition. [08-01, 08-09]

What I noticed or what I chose not to do

What a study would need to measure to support a benefit claim

My next question

The full Qigong Research and Movement Companion adds six original illustrated learning cards with seated or supported adaptations. Visit avonoria.com for availability.

Source article: Qigong Benefits: Movement, Breathing and Clinical Evidence

[08-09] Project HERO: a randomized trial of Tai Chi qigong versus intensity-matched exercise and usual care for fatigue in older male cancer survivors Source

General education for adults; not diagnosis or treatment. No therapeutic outcome is promised.