



Transform Your Life with Qigong and Tai Chi

Brought to you by Living Well Therapies

Applying Eastern Wisdom and Western Mind-Body Medicine, **Living Well Therapies** empowers you to tap into your body's natural healing potential and discover your capacity to live well and consciously co-exist. You learn to create the vibrant, healthy life you deserve. Our unique approach is founded on the scientifically validated practices of **Qigong, Tai Chi, Meditation** and **Mind-Body Medicine** to help you discover that the power to heal and thrive already exists within you. You learn to apply your ability to choose how life's challenges affect your inner peace, health, and manifested outcomes. You are invited to learn with us at [Living Well Therapies.net](http://LivingWellTherapies.net) and practice with us virtually at MeTime247.com. Your 1 Month Free Trial on MeTime247.com awaits!

What are Qigong and Tai Chi?

Qigong (Chi Gong)

Qigong is a meditative self-care practice rooted in Traditional Chinese Medicine. **Qi** means breath or energy. **Gong** means to develop or cultivate skill. You apply time, energy, and effort to mastering your *life force energy*.

Qigong is the art of cultivating the skills to manage one's breathing, movement and mental concentration to achieve and maintain *optimal health, functional effectiveness* and *youthful vitality*. You have the power to heal yourself when you are sick or hurt, maintain your health when you are well, and function optimally at will.

Qigong is a path to health, self-awareness, self-control and self-mastery. A form of *Therapeutic Self-Reliance*. **Qigong** is proven to activate the body's natural healing systems, improve overall well-being, and along with Tai Chi is referred to by Harvard Medical School as "**medication in motion**."

Tai Chi

The name **Tai Chi** means, "**Supreme Ultimate Balance and Harmony**," referring to the natural forces in our world and within us. Activated through practice, your "three forever friends - body, breath and mind" – operate in harmony with one another and in collaboration the "three treasures of earth, biosphere and space".

Tai Chi is a form of meditative martial movement executed with the focused power of breath. This means mindfully moving your body with the energy and power of your breath in a choreographed set of flowing movements rooted in the healing and martial arts. **Tai Chi** is practiced with results that include health, stamina, strength, longevity, balance, martial effectiveness, mental focus and wellbeing.

Tai Chi and **Qigong** are both revitalizing self-care therapies where **breath** uniquely fosters a deep relaxation of the **body**. They encourage a meditative state of **mind** & have the ability to **rejuvenate, rather than exhaust**. Both are perfectly suited for reducing stress and improving the practitioner's effectiveness at home & at work.