

" QIGONG FOR STAYING YOUNG "



Often referred to as "Chinese Yoga" or "Feng Shui for the Body," Qigong (pronounced "chee-gung") is a gentle, ancient Chinese art of self-healing and fitness. It is practiced to promote energy flow, strengthen the physical body, create inner peace, and harmonize the body, mind and spirit. Qigong cultivates and open the flow of Qi, the vital energy that pulses through every living thing.

According to Chinese medicine, when Qi is flowing freely and abundantly throughout the body the end result is vibrant health and longevity.

QIGONG FOR STAYING YOUNG

CHAPTERS:

WARM UP: WAKING UP QI: promotes smooth Qi circulation - opens energy centers -slows degeneration - maintains healthy joints, muscles and tendons – enhances flexibility

SET 1: TAPPING FOR QI: nourishes internal organs, opens Qi flow through shoulders, arms, and legs - strengthens brain function

SET 2: FIVE HEALING SOUNDS: purifies and nourishes internal organs – releases negative emotions

SET 3: PLAYING WITH QI: helps you feel Qi - creates free flowing Qi - enhances deep breathing

SET 4: QI MIND, QI BODY: fosters connection between yourself and the dynamic forces of heaven and earth - strengthens focus and intent

SET 5: ENERGIZE ENDOCRINES: promotes smooth function of endocrine system - strengthens body processes

SET 6: KNITTING STRONG BONES: fortifies, cleanses and nourishes bones

Set 7: NOURISHING THREE TREASURES: cultivates and balances vital energy – promotes essential bodily secretions – nourishes spirit

WARM DOWN: CLOSING THE CIRCLE: increases blood circulation - smoothes, consolidates and stores Qi - fortifies bones – nourishes brain function

Practice Tips

The following tips are recommended for your safety and enjoyment. Use your best judgment when beginning a new exercise program. Follow the sets in the order presented for optimal results.



View the DVD/video in its entirety prior to beginning your workout.

Wear loose, comfortable clothing and flexible shoes. Practicing barefoot is fine as long as your feet stay warm.

Don't eat or drink 15 minutes before or after your practice sessions. Please don't chew gum while doing Qigong.

Practice on a regular basis, at the same time of the day if possible. Every day is ideal, but three times or even once a week is fine too. What's most important is that you are doing it!



Choose a quiet space, outside with nature whenever possible. If indoors, practice in a room that overlooks a natural setting when available. Room temperature should be moderate with adequate ventilation and without strong odors or drafts.

Avoid talking and maintain a positive attitude during your workout.

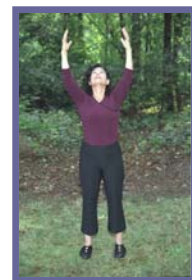
You can use hand weights of any kind in place of the weighted Qi balls.

Stay relaxed, release your mind of extraneous thoughts, and concentrate on your breath. Take deep, slow, rhythmical breaths in coordination with your movements. Work toward taking five deep breaths per minute.

Pace yourself and listen to your body. Know your limitations and abide by them.

Honor your unique internal rhythm at each workout. One day you may move slower, another day faster.

Be patient with your energetic growth process. Consistent and earnest practice lays the groundwork for Qigong mastery.



Shoshanna Katzman has been Director of the Red Bank Acupuncture and Wellness Center in Tinton Falls, New Jersey since 1988. As a licensed acupuncturist, herbalist, Tai Chi/Qigong professional, massage therapist, and energy medicine specialist, Shoshanna has been involved in the field of Oriental medicine for over 30 years.



Shoshanna was named the first woman president of the National Qigong Association in 2004 and is now a member of their Advisory Board. She is on the board of advisors of *Body + Soul* Magazine owned by Martha Stewart Living Omnimedia. She is also chairperson of the New Jersey Acupuncture Examining Board.

She holds national licenses in Acupuncture and Chinese Herbal Medicine through the National Commission for the Certification of Acupuncturists (NCCA) and is licensed to practice acupuncture in California, Maryland, New Jersey, New York and Pennsylvania.

Shoshanna is a nationally licensed acupuncturist with a Master in Science in the field. In 1998, The Honorable former Governor Christine Todd Whitman appointed her to the New Jersey State Acupuncture Examining Board. In 2003, she became Chairman.

Shoshanna has been featured in numerous magazine and newspaper articles, most notably in *The Los Angeles Times*, *The San Francisco Examiner*, *The Chicago Tribune*, *Asbury Park Press*, *The New York Post*, *Body + Soul*, *Health*, *First for Women*, *Experience Life*, *Mind*, *Body*, *Spirit* magazine. She has appeared on radio and local, regional, and national television, including programs on the Food Channel and America's Health Network, and on New Jersey's *Talking*, *Everyday Living*, *Good Day New York* and *Extra*.

Katzman is the co-founder and producer of eight annual Women's Wellness conferences which has drawn thousands of people and hosted speakers Richard Simmons, Coretta Scott King, Christine Northrup, and Caroline Myss.

As former adjunct professor in the Health and Fitness Department at Brookdale College and guest lecturer to 700 students at Red Bank Regional High School, she has taught Chinese exercise and medicine to a wide range of students.

Shoshanna is the mother of three teenage children, Hilary, Noah, and Jared, and shares her life with her husband & partner, Michael, in Little Silver, New Jersey.

<http://www.healing4u.com>

<http://www.qigong4u.com>

<http://www.caringwomen.com>