**Earth Qi Gong for Women**

**Awaken Your Inner Healing Power**

***Qi Gong is also known as an energy moving exercise and was developed by Traditional Chinese Medicine doctors over a thousand years ago.  There are many forms of Qi Gong. They can also be described as Taoist Yoga.***

***Tina Chunna Zhang, a winner of two gold medals in Chinese martial arts, created Earth Qi Gong to address the unique needs of a women’s life cycles.***

***They are gentle exercises, along with an awareness of abdominal breathing designed to strengthen the body, mind and spirit connections.  Its focus is to aid in prevention and alleviations of women’s health issues with the goal of balancing energy in the body’s various systems. It is suitable for girls and women of all ages (but not for pregnant women in their first trimester).***

**There are eight sections:**

    **The Concentrated Mind:** A Standing Posture for Cultivating Qi

    **The Big Dipper:** Opening the Seven Major Joints of the Body

    **Deer Walk:** Improving the Major Organs

  **The Sun, the Moon and the Stars:** Aiding the Digestive Systems

  **Crane Dance:** The Kidney Booster

    **The Earth Energy:** Cultivating Female Energy

    **Dragon and Phoenix:** Creating Pelvic Health and Helping the Liver

  **The Spirit of Vitality:** Bringing Out the Real Female Spirit

**Once learned, Earth Energy for Women takes about twenty minutes to practice.**

**Instructor certification received from Tina Chunna Zhang.**

                       **Pal Dan Gum "The Eight Silken Movements"**

***Theses exercises have been used for thousands of years in China and Korea, to improve the posture and general health and to increase bodymind awareness. They stretch and help to move the Qi along all twelve Organ Meridians. These 8 movements are truly “Acu-Exercises” - exercises which help to open and balance all the energy channels. Since they are standing exercises they can be done almost anywhere. Since they can also be done in a sitting position they can done by almost anyone*. From Jin Shin Do® Bodymind Acupressure®**

**“Upholding Heaven with two Hands”**

**“Opening the Bow”**

 **“Raising Two Hands Separately”**

**“Looking Backwards”**

**“Swinging Trunk and Head”**

**“Standing on Toes”**

**“Punching With Angry Eyes”**

**“Holding the Toes and Stretching Back”**