**Learn the Art of  Infinite Chi Kung**

Gentle Exercises and Breathing Techniques to bring More Balance and Harmony into Your Daily Life.

Gentle and soft exercises suitable for all ages and levels of fitness.

**Balanced Body Balanced Mind**

**Benefits of Chi Kung include:**

* Calm mind and relaxed body
* Improvement in health and vitality
* Internal strength
* Clarity and rejuvenation
* Awareness and insight into spiritual nature of oneself and world
* Self Healing

**The human being is part of nature. If the body does not move, physical essence does not flow and energy stagnates. If the mind and heart are not clear and calm, chaos and confusion are assured.**

**Infinite Chi Kung is a subtle yet dynamic moving, breathing, graceful Art and is the key to cultivating the flow and balance of radiant energy in the body. Infinite Chi Kung calms the mind and emotions, it also strengthens and harmonises our human existence with Nature and the Cosmos.**

**More than 3000 years ago the Chinese began observing the patterns of change in the natural world around them. From generations of observation they began to recognise a universal process, which expressed itself in cycles. They called this process ‘The Tao’. This can be translated as ‘The Way’.**

**The Taoists also perceived a universal life force that permeated the universe; they called this life force ‘Qi’ or ‘Chi’. The cultivation of chi for health and longevity formed a major part of the Taoist way of life.**

**From the arrival of Buddhism in China during the first century of the Christian era, the interaction of existing Chinese wisdom and tradition gave rise to many new schools of spiritual and physical disciplines. The famous Shaolin monastery is said to be founded close to the site where Bodhi dharma sat in meditation for 9 years.**

**Exercises combining cultivation of the breath with movement and meditation were called ‘Chi Kung’. Chi Kung exercises was known to have many health benefits. Martial artists also practiced forms that could strengthen the body against injury and add power to their techniques.**

Traditionally, the Chi Kung practices were closely guarded secrets, which were passed down from master to disciple. Students endured great hardship to make themselves worthy of receiving the teachings. In recent times, however, Chi Kung masters have began to make these secrets available for the benefit of everyone. Chi Kung is becoming increasingly popular and is now widely practiced all over the world.

Chi Kung has two aspects; the first aspect is the ‘Chi’ life force, surrounding the whole universe. Kung or Gong is the work and practice. The Chinese define Gong or Kung as the period of time you have practiced specific skills and techniques reaching a point when you become good at it and that is the Kung. Thus you have Chi Kung.

**Chi Kung exercises consists of breathing techniques, gentle movements, standing postures and visualizations. The primary aim is to cultivate one’s ‘Chi’, life force and improve the flow of this Chi around the body, ultimately enhancing ones health and well being.**

The exercises are simple to learn and good for all ages and levels of fitness, however, they work deeply within the body and are very powerful in helping to revitalise the physical body and also strengthen the mind. The benefits of practicing Chi Kung regularly are many and include strength, flexibility, enhanced immune system and a calmer, focused, creative mind.

Infinite Chi Kung is a unique program. Infinite Chi Kung exercise enables you to open, maintain and balance all the functions inside the body. It is able help re-establish the body, mind and spirit connection, through this integration, personal transformation is possible. Thus it offers an awareness of and influences dimensions of our being that are not part of traditional exercise programmes.

If you would like to learn and experience more of this art, then I teach Introductory Infinite Chi Kung Courses, so you can learn some basic techniques over 12 weekly sessions and begin to incorporate these into your daily routine. If practiced regularly, you will begin to regain a sense of empowerment and vitality. You will learn skills that can help develop your self-healing potential.

Infinite Chi Kung is an internal art, and with a renewed sense of inner strength and clarity will help you to greatly reduce the effects of stressful events and relationships. You will feel more relaxed, at peace with yourself and begin to experience a new sense of well-being.