

Flowing Health



5 simple steps to daily peak performance

Some principles/practice from the ancient Chinese art of Qigong

Wouldn't it be great if we could all perform to the best of our abilities on a daily basis?

What if we could start the day more positively, have more energy during the day and perform to the best of our abilities when needed?

I have been practicing Qigong, a 1,000 year old energy practice for body and mind for over 25 years.

I want to share some simple tips for re-balancing and preparing our energy system for the day, clearing thoughts and emotions that do not serve us and how we can be more productive and tips on how to conserve our energy during the day.

My passion is to empower myself and others “to thrive with joy and vitality”.

What follows are 5 steps to help us have more mental clarity, more energy and perform at a higher level in the workplace (and benefits can be felt in the home too.)



**1. Re-organise and settle your energy,
shake it out**

Stand up for a few minutes frequently.

Some companies like Lego do not allow employees to sit for longer periods of time as the body can become lazy, slumped, the mind stale and we can build up tension.

When standing, do some general shaking of the whole body. Notice any areas of tension or heaviness and shake it out and down to the ground (earth) from the head to the feet.

This helps to re-organize our energy system and everything goes to its rightful place. (the heavy yin energy to the earth, the purer yang energy up towards the sky).

Then shake out from the head to the hands especially wrists, fingers, etc (most helpful if you work on computers a lot .)

For a demonstration please watch the YouTube video link

“Qigong to help re-organize and settle your energy, shake it out.”





2. Breathe fully, be present...

Our natural habit is shallow breathing especially when we are under stress and often we even forget to breathe (hopefully not for too long!).

Young children breathe from the lower abdomen, which is the ideal place, and as we become older our breathing moves higher up the body and may become a bad habit when it becomes too shallow.

One way to improve our breathing and relax more is breathe out from the mouth (imagine stuffy air) and fresh air in through the nose. This way we are refreshing the air in the body, helping to purify and oxygenating the blood and it can also help any foggy feeling lift from the mind too .



3. More energy, productivity

Once our energy is re-organized and centered we can imagine our feet are rooted into the earth while seated, our breathing is deep from the area below our navel (where children breathe from naturally).

You can put your hands there and sense the movement in the Dantien (our main energy centre) as we breathe in and out more deeply.

This keeps us calm both at work, while traveling and during meditation where we often focus on the breath.



4. Mental clarity, focus and inspiration

We may get energy dips at work, often after lunch or first thing in the morning or even when we have to concentrate for longer periods of time say on the computer, reading and preparing reports .

Watch the video are some techniques for quickly clearing the mind, refreshing the brain, gaining mental clarity and inspiration.

For a demonstration please watch the YouTube video link
“Qigong for mental clarity focus and inspiration”





5. Conserving and gathering energy – standing up and sitting down

We tend to waste a lot of energy when standing up and sitting down. Often it may be due to our posture, the type of chair we are sitting on and may just be daily habits we have cultivated.

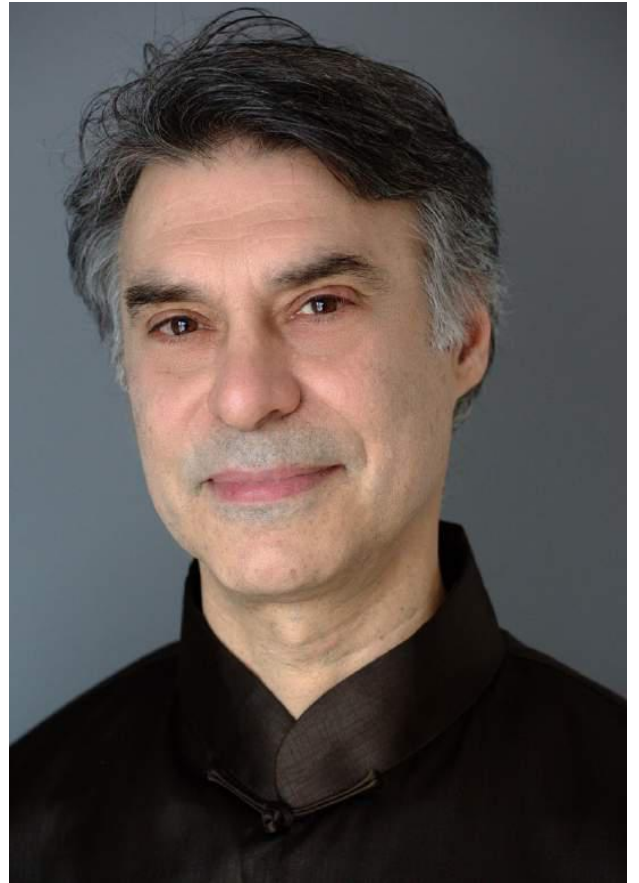
Take a look at the video link for techniques to gather your energy every time you stand and sit. Very useful to remember at work, traveling and getting out of bed in the mornings.

For a demonstration please watch the YouTube video link
“Conserving and gathering energy – standing up and sitting down”



About Alessandro

I have been studying with Master Zhixing Wang, the founder of the Hua Gong style for more than 20 years. I have a diploma in therapeutic massage and have visited China several times as part of my interest in Eastern healing practices and philosophy.



I have also been teaching Qigong classes in London, Canterbury and Hove for over 10 years . My passion is to empower myself and others to thrive with joy, vitality and gratitude.

What's next?

Please call me on 07747 113305
for more information on 1 to 1 Qi/energy re-
balancing and healing sessions or visit the website
www.flowinghealth.co.uk for details of courses .

 Flowing Health

 uk.linkedin.com/in/alessandroflowinghealth

 @alessandro_qi

 [alessandroflowinghealth](https://www.instagram.com/alessandroflowinghealth)

www.flowinghealth.co.uk