

## Qigong with Naomi

### **What is Qigong?**

Qigong (pronounced Chee Gong) is a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. There are thousands of qigong styles, schools, and traditions, all of whom focus on *Qi* which translates loosely to “vital energy” and *Gong* which means “skill cultivated through steady practice”. Qigong is based on the principles of Chinese medicine.

### **What are the benefits of practicing Qigong?**

Qigong opens the flow of energy in meridians used in acupuncture and Chinese medicine. Slow gentle movements warm tendons, ligaments, and muscles, tonify vital organs and connective tissue, and promote circulation of body fluids. Five hundred published studies on the benefits of Qigong include lowering of blood pressure, improved balanced, depression and anxiety relief, improved quality of sleep, pain relief, stronger immune system, increased bone density, and more. Qigong also has been proven effective in dealing with stress and stress related illnesses.

### **Is Qigong for You?**

Anybody can practice Qigong. It can be practiced standing or sitting. People with physical limitations can easily adapt the Qigong movements to their capabilities and continue to reap the benefits of practice. Qigong is a wonderful activity for young people and older people alike. The key in practicing Qigong is that the old expression "no pain, no gain" is not appropriate here. Qigong should not hurt at all. It should feel very good to you body. At the end of a Qigong session you will feel calm and invigorated.

## About Me

I am a psychologist in the field of trauma and resilience building. I have lived in Israel for over thirty years. I currently consult and facilitate workshops in resilience building in Israel and worldwide. I am a published author of both scholarly articles and two popular books, "Life Unexpected: A Trauma Psychologist Journeys through Breast Cancer," and "My Year of Kaddish: Mourning, Meaning and Memory." Both books are available on Amazon.

I have always done some form of physical exercise, finding it beneficial for both my physical and mental health. I was first introduced to Tai Chi, a cousin of Qigong about twenty years ago. I began to actively practice Qigong about eight years ago when I was healing from cancer treatment. Influential teachers I studied with were Lee Holden, Kenneth Cohen, and Deborah Davis. Four years ago I participated in a two year teacher training program with Amir Perelman from Medical Qigong Israel, and was certified as a Qigong teacher. I have been teaching for the past two years at the Senior Center in Efrat, Israel, and have moved my teaching to Zoom in the last several months with the advent of the Corona crisis. I am available for classes and private sessions. My website is: [www.naomibaum.com](http://www.naomibaum.com)  
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