

Tao Health Qi Gong



Ancient wisdom for a modern world

氣功

How to stay calm
and relaxed...
from the inside out

PREVENTATIVE HEALTHCARE | STRESS MANAGEMENT
RELAXATION TECHNIQUES | ILLNESS RECOVERY

WWW.TAOHEALTH.CO.NZ

THE ART OF NOURISHING LIFE

WHAT IS QI GONG?

Qi Gong is a system of illness prevention and health maintenance which has been passed down for thousands of years in China.

Qi (life force energy) Gong (to cultivate) allows us to balance the flow of Qi in the body through a series of simple and effective exercises.



HOW DOES QI GONG WORK?

Qi flows through our body nourishing the vital organs which keep us alive. If Qi flow is disrupted, energy blocks, depletion and stagnation result, which manifest as illness and pain. Practising Qi Gong maintains a harmonious flow of Qi in the body, healing or preventing illness.

QI GONG WELLNESS AT WORK PROGRAMS

Qi Gong simultaneously works on the mental, emotional and physical level of a person's being, improving feelings of wellbeing in all areas of life. Benefits of regular practice include:

MENTAL - Enhanced concentration and mind power. Improved communication, memory, creativity, productivity and decision-making. Reduction of stress, anxiety and negativity. Sharpening of intuition.

EMOTIONAL - Increased peace and inner tranquillity, enhanced ability to remain calm under pressure or in emergencies, cultivation of emotional intelligence. Improved self-confidence and self-esteem.

PHYSICAL - Healing and prevention of illness, maintenance and enhancement of good health. Enhanced immunity and increased energy and vitality. Improved muscle tone and strength, enhanced spinal / joint flexibility and better posture. Improved digestion, organ function and sleep.

WHAT DOES TAO HEALTH OFFER?

Tao Health Qi Gong offers a number of hands-on learning options, including group classes, corporate programs and private tuition.

ABOUT TAO HEALTH

Kim Knight, Director of Tao Health, is an accredited practitioner and instructor of various Qi Gong disciplines:



The Taoist meditation and Qi Gong practices of the Universal Healing Tao of Master Mantak Chia (Thailand) since 2000



Ren Xue Human Life Science and Zhineng Qi Gong under the auspices of Master Yuan Tze (China) since 2009



Feng Shui consultant with accreditation from the Feng Shui Institute of New Zealand (1997)



Chi Nei Tsang practitioner - internal organs Qi massage - with the Chi Nei Tsang Institute, Berkeley, California since 2000

Kim works in private practice as a health coach, educating people on how to take care of their health and wellbeing. She has years of experience in the fast-paced, high-stress environments of the corporate world and film industry, and understands first-hand the importance of prioritising health for success and happiness in life.

Talk to Kim Knight

Meditation and Qi Gong Instructor

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