



Qigong (Chi Kung)

*** Free Classes at BMC ***
Wednesdays, 4:00 to 5:15pm
Moakley Bldg Lower Level
830 Harrison Ave.

For info, contact Bob @ 617-638-7540 or
cancersupport@bmc.org



Rami Rones is an award-winning martial artist who focuses on helping people facing cancer, aging, arthritis, injuries, and stress. A consultant on mind/body therapies at Harvard and Tufts Medical Schools, he has been featured by media such as CNN, *National Geographic*, and the *Boston Globe*. He has instructed on eastern internal arts in hospitals and schools around the world, currently including Dana Farber, and now BMC, where he is leading our new weekly Qigong/Tai Chi classes! (www.ramelrones.com)

Qigong, or Chi Kung – pronounced “chee-kong”

The study (Kung) of human energy (Chi), developed 2500 years ago in China, involves a total system of physical, mental, and spiritual exercises which deal with promotion of health.

Purpose:

Chi Kung is a Mind/Body practice that works to harmonize the body, breath, mind, energy, and spirit - the building blocks of our being. The study of Chi Kung teaches us how to enjoy and actively participate in our journey towards better health.

What is involved?

Chi Kung involves the practice of Mind/Body techniques using different postures – lying; (Relaxation), sitting; (Meditation), standing still; (Meditation), moving slowly (Tai Chi), and moving quickly (Kung Fu). Mind/Body methods and techniques include: stretching, strengthening, increasing the range of motion in the joints, learning how to use the body in the most effortless way possible, lengthening the spine, increasing lung capacity, massaging our internal organ area through gentle movements. Techniques such as visualization may be used to improve relaxation, increase concentration, and utilize the mind and spirit as healing tools to achieve better health, prevention & a higher quality of life.

What has been proven?

Preliminary studies suggest that Chi Kung can improve certain aspects of the immune system, and can increase functioning of the human body. Chi Kung involves many of the elements of regular exercise. Regular exercise has been shown to prevent muscle loss, increase bone density, prevent osteoporosis, increase stability and balance, help to relieve arthritis pain, reduce stress, lower anxiety, improve overall health and self esteem, relieve depression, strengthen the immune system, and possibly increases lymph

- Meditation
- Balancing of energy
- Help for your joints
- Slow, natural movements
- Releasing of tension, stress, & pain
- Getting more tuned in to your body

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