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## Medical Qigong and circle walking

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In this workshop, participants will be presented an overview of Medical Qigong, including its benefits and research findings. The main learning qigong form will be Qigong Circle Walking, which is a complete approach to Qigong that has benefits for the entire Chinese medicine 12 organ/meridian and Eight Extraordinary Vessel systems. Thus, we will practice a version of circle walking which has its origins in Baguazhang, a martial arts form, but which has been adapted as a qigong exercise. Walking in a circle holding specific arm postures open, unblock and energize specific meridians and other energy pathways throughout the body. This practice produces a strong and healthy body while also calming the mind and refining the spirit. Specific health benefits will be discussed related to the eight-arm postures. In addition, a complete 10-minute qigong warm-up will be practiced in preparation for the circle walking.

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