

Traditional Qigong: Cultivating Body and Mind

Traditional Qigong comprises lineage-based practices that cultivate the body and mind simultaneously. Outer qigong techniques strengthen the muscular-skeletal system—joints, muscles, tendons, bones, and the spinal column. Inner qigong nourishes the internal organs and cultivates qi, or internal energy. Together, they support mental clarity, relaxation, and resilience. In each class, we will practice traditional qigong forms of movement and stillness, and discuss their lineage origins and their effects on health and presence.

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Unit: 1.0

Program: GRAD Transpersonal Coun