



HEALTHCARE U CAN DO!

Therapeutic Tai Chi & Qigong

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LEARNING OBJECTIVES



- **CONNECTING BODY & MIND**
 - 3 Mindful Adjustments
- **LANGUAGE OF BODY & MIND, SENSATIONS & FEELINGS**
- **REVITALIZING BODY & MIND**
- **DOING & SHARING THE 4 BASKETS**

CONNECTING BODY & MIND – A Practice

- **Mind /Body as one**
 - Ex Mindful Breathing Mindful Eating, etc.
- **SLOWING DOWN BODY & MIND** - Mindful Breathing slows you down.
 - It's a **Time Out** – a Body & Mind Break
 - **Let take a Mindful Break and Breathe**

LEARNING OBJECTIVE Clarified

- Slowing Down Allows **To Relax Ur Mind & Body**
- Slowing Down Allows **U to Learn the Language of the Body & Mind** Feelings & Sensation
- Slowing Down Allows U to **Access the Relaxation Response**
- Ready for some **Breath Practices**
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- Remember the **3 Mindful Adjustments**

Tai Chi Easy - 3 MINDFUL ADJUSTMENTS OR TREASURES

- Body, Breath, & Mind
- Align the Spine
- Feel the Breath
- Relax the Mind

VOCABULARY

- **Qi** – breath, life energy **Gong** – work, cultivate
 - **Qigong** – cultivate your life energy
 - **Tai Chi** one of the many forms of Qigong
 - **Tai Chi 4 Wellness** – similar to Qigong and different
 - **Tai Chi Chuan** – Martial Art
- **The Tai Chi vs Yin/Yang** – Cosmology

LEARNING OBJECTIVE CLARIFIED CON'T

- **The Qi Moves the Blood Thru The Body**
-
- Q)** How many miles long is the circulatory system
- R)** ?

Qi is a noun – it's something - it's a living energy

- **Qi is also a verb** so it does something.

BREATH PRACTICE Recommendations

- Breathe in thru Ur nose & out Ur nose or mouth
- Inhale & Push out Ur Belly
- Tongue at roof of mouth behind your teeth
- Now relax and feel your breath.

MINDFUL BREATH PRACTICE

LET DO IT

Tai Chi Easy Program

The Four Qi Enhancements Methods

- 1. Align the spine & movement – Qigong & Tai Chi**
- 2. Breath practices**
- 3. Self-applied massage**
- 4. Relaxation, visualization, and meditation practice –**

VITALITY ENHANCEMENT QIGONG

- 1. Flowing Motion – a Quiet Qigong**
- 2. Spinal Bends – Sideways**
- 3. Spinal Bends – Forward & Back**
- 4. Spinal Bends – Twisting**
- 5. Reaching Up & Out.**

DO & DON'T

- Relax deeply
- Keep it simple & fun
- Don't try too hard
- Feel the breath
 -
- Quiet the mental activity and feel sensations instead.

The Four Baskets of Tai Chi Easy

1. Postural align and gently move– Qigong & Tai Chi
2. Breath practices – pump lymphatic system & oxygenate the blood, remove the first toxin, carbon dioxide.
3. Self-applied massage – stimulate organs and energetic circulatory system
4. Relaxation, visualization, and meditation practice – access the Relaxation Response RR

TAI CHI EASY FORM

- 1. Harmonizing Yin & Yang**
2. Brush Knee Send Qi
- 3. Cutting the Path of Clairty**
4. **Watch Clouds**
- 5. Gather from Heaven & Earth**

The Promise of Qigong

- You will feel less stress, enjoy better health and vitality.
- Enjoy greater mind and body balance and a feeling of inner peace.
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- You'll have the energy and flow to enjoy your life and meet challenges with more grace and ease.
- It's easy, you can do it in just minutes a day from your own home

EVIDENCE BASED RESEARCH

- [A Comprehensive Review of Health Benefits of Qigong and Tai Chi](#)
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3085832/>
- by R Jahnke - 2010 - [Cited by 405](#) - [Related articles](#)
- A complete description of **Qigong and Tai Chi** is presented and the equivalence of their theoretical roots and their common elements of **practice** are established. Then, the body of **evidence for** outcomes in response to **Qigong and Tai Chi** is reviewed to examine the range of health benefits.

Harvard Women's Health Watch

- **The health benefits of tai chi**
- **This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life.**
- Updated: December 4, 2015 **Published: May, 2009**
- Tai chi is often described as "meditation in motion," but it might well be called "**meditation in motion.**" There is growing evidence that this mind-body practice has value in treating or preventing many health problems.

THANK U Q & A

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FOR MORE INFORMATION ABOUT THE FLORIDA RECREATION AND PARK ASSOCIATION VISIT FRPA.ORG

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Kevin P Merrigan Director

The 4 components of *TaiChiEasy*[™]

This simple form of mind-body self-care requires no equipment or special clothing and focuses on:

1. **Mindful Movements** – gentle exercises that move, relax and stretch the body and increase balance and coordination.
2. **Breathing practices** – triggers the de-stressing effects of the Relaxation Response[™], increases circulation and energy, and enhances the body's natural healing process.
3. **Self-applied massage** – stimulates energy and circulation flow throughout the whole body.
4. **Meditation** – relaxes the body, centers the mind, and calms the emotions.

Best of all, anyone can learn these methods and quickly begin leading practice sessions with others to spread the benefits in a community.

Why Practicing Mindfulness, Qigong and Tai Chi is Beneficial

Cultivating the Qi through Qigong and Tai Chi triggers numerous health benefits:

1. Qigong and Tai Chi **initiate the “relaxation response,”** which is fostered when the mind is freed from its many distractions. This decreases the sympathetic function of the autonomic nervous system, which in turn reduces heart rate and blood pressure, dilates the blood capillaries, and optimizes the delivery of oxygen and nutrition to the tissues.
2. Qigong and Tai Chi **alter the neurochemistry profile toward accelerated inner healing function.** Neurotransmitters, also called information molecules, bond with receptor sites in the immune, nervous, digestive, endocrine and other systems to excite or inhibit function to moderate pain, enhance organ capacity, reduce anxiety or depression, and neutralize addictive cravings.
3. Qigong and Tai Chi **enhance the efficiency of the immune system** through increased rate and flow of the lymphatic fluid and activation of immune cells. Resistance to disease and infection is accelerated by the elimination of toxic metabolic by-products from the interstitial spaces in the tissues, organs, and glands through the lymphatic system.
4. Qigong and Tai Chi **increases the efficiency of cell metabolism and tissue regeneration** through increased circulation of oxygen and nutrient rich blood to the brain, organs, and tissues.
5. Qigong and Tai Chi **coordinate and balance right/left brain hemisphere dominance** promoting deeper sleep, reduced anxiety, and mental clarity.
6. Qigong and Tai Chi **induce alpha and, in some cases, theta brain waves which reduce heart rate and blood pressure, facilitating relaxation, and mental focus;** this optimizes the body's self-regulative mechanisms by decreasing the activity of the sympathetic nervous system.
7. Qigong and Tai Chi moderate the function of the hypothalamus, pituitary, and pineal glands, as well as the cerebrospinal fluid system of the brain and spinal cord, which **manages pain and mood** as well as optimizing immune function.

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5 Amazing Benefits of Meditation

Number five:

Meditation does a body good. Research shows that it can lower blood pressure, reduce the risk of heart disease, and strengthen the immune system. It's like a shot of wheat grass, only without the wheat grass taste.

Number four:

It sharpens your mind. Meditation can improve your concentration, attention to detail, and focus, allowing you to juggle it all without dropping the ball.

Number three:

Welcome to your happy place. Regular meditation can increase serotonin production, which improves your mood and helps with anxiety and depression. It's your body's natural happy drug. And this time, it's OK to just say yes.

Number two:

Moments of zen equals more Zs. Are you tossing and turning every night and waking up cranky and ready for a nap? Experts say 20 minutes of meditation a day can improve your sleep, even for serious insomniacs.

So a little zen can get you a lot more Zs.

And the number one benefit of daily meditation?

You'll stress less. Regular stress hurts both your figurative and literal heart. So break the cycle. There are a ton of ways to meditate.

Some are as simple as focused breathing, which means that if you're breathing, you're already halfway there.

Kevin P Merrigan Founder & Director

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HEALTHCAREUCANDO! *Therapeutic Tai Chi & Qigong*, a company dedicated to offering all the wellness benefits of Qigong, & Tai Ch



HEALTHCAREUCANDO!

Therapeutic Tai Chi & Qigong,

is a wellness, educational & worksite wellness company offering Mind/Body Practices to organizations, nonprofits, corporate, and government.

Kevin P Merrigan, founder & director of **HEALTHCAREUCANDO! Therapeutic Tai Chi & Qigong TTCQ**, has been bringing the benefits of mind/body practices to medical offices, hospitals, mental health residential treatment centers, and companies across Central Florida.

New News 08/2019

After five years of ending *our Innovation Grant Program* at the Orlando VA 2012 -2024, the VA asks us to do another **Tai Chi Easy Practice Leader Certification Training** with VA staff.

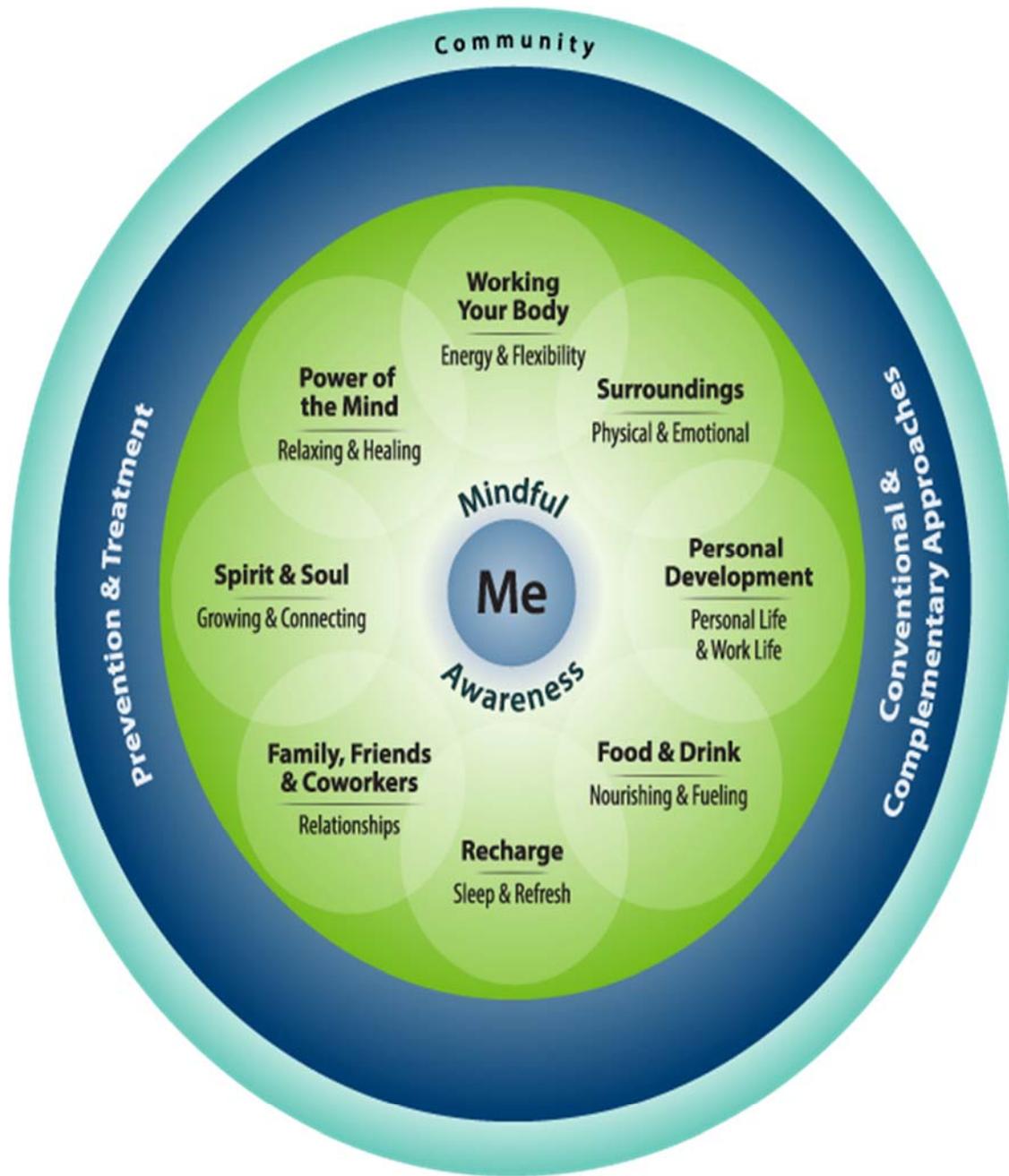
This time the staff were nurses who are **Whole Health Coaches**, a new program recently developed to work directly with Veterans to compliment the new **Whole Health Program** offering Veterans whole health care not focusing on the disease or disability but rather on the whole person and what they want to do with their life and how they want help to deal with their illness, disability, and disease.

It a bottom up vs top down mentality part of the Office of Patient Centered Care and Culturally Transformation effort that Dr. Tracy Guidat and her team has been working hard to transform the current version of VA medicine. This is the VA's new office of ten years making the change from Western Medicine to Integrative Medicine where Western Medicine will join with Traditional Chinese Medicine.

The VA is in many ways leading in this goal of **the new medicine in the US**.

Soon, possibly this coming year acupuncture will be another option offered to Veterans at either all or most VA Medical Centers.

As they say a picture is worth a 1,000 words. See below



$$\text{Me} + \text{Self Care} + \text{Professional Care} + \text{Community} = \text{Whole Health}$$