

Frequently Asked Questions About Qigong

What is Qigong?

Qigong (pronounced “chee-gong”) is a traditional Chinese practice that combines gentle movement, breathing, posture, and focused awareness to cultivate and balance qi (vital energy).

Do I need any experience to practice Qigong?

No. Qigong is suitable for beginners and can be adapted for all ages and fitness levels.

What should I wear?

Wear comfortable clothing that allows you to move freely. Flat, comfortable shoes are optional; many people practice in socks or barefoot indoors.

How is Qigong different from yoga?

Both promote health and mindfulness, but Qigong typically uses flowing, repetitive movements coordinated with breath and is rooted in traditional Chinese medicine and philosophy.

Can Qigong be practiced sitting down?

Yes. Many Qigong exercises can be performed seated, making them accessible for people with mobility challenges or those recovering from illness or injury.

What are the benefits of Qigong?

People practice Qigong to improve balance, flexibility, posture, relaxation, body awareness, breathing, and overall well-being. Many also find it helps reduce stress and tension.

How often should I practice?

Even 10–15 minutes a day can be beneficial. Consistency is generally more important than duration.

What is qi?

Qi is a foundational concept in Chinese culture and medicine, often described as life energy or vital force. Different traditions interpret qi in different ways.

Will I feel qi?

Some people notice sensations such as warmth, tingling, heaviness, lightness, or a sense of calm. Others notice benefits gradually over time.

Do I need to be flexible?

No. Qigong emphasizes working within your comfortable range of motion rather than forcing stretches.

Can Qigong help with stress?

Many people find that the combination of gentle movement, breathing, and mindfulness promotes relaxation and helps manage everyday stress.

Is Qigong a religion?

No. Qigong is a wellness practice. While it has historical connections to Chinese philosophical and spiritual traditions, it can be practiced by people of any faith or no faith.

What should I do if a movement causes discomfort?

Move more gently, reduce the range of motion, or rest. Listen to your body and consult a healthcare professional if you have concerns.

When is the best time to practice?

Many people enjoy practicing in the morning to energize the day or in the evening to unwind, but any regular time that fits your schedule is fine.

What should I expect in my first class?

A typical class may include gentle warm-ups, breathing exercises, flowing movements, standing or seated meditation, and a short relaxation period.

Can I practice Qigong if I have health concerns?

Qigong is generally gentle, but it's always a good idea to consult your healthcare provider before starting a new exercise program, especially if you have a medical condition or injury.