

# Seated QiGong

By Stan Sieradzki

With consistent practice Qigong works on breaking down energy blockages and promotes the free flow of energy throughout the body's meridian system, the invisible pathways through which 'vital energy' moves and that connect everything in your body. The internal organs are stimulated and nourished, making the energetic communication between them more efficient.

By increasing the effectiveness of all the body systems Qigong helps to conserve vital energy. In order to have good health you must have sufficient vital energy that flows freely throughout your body, and your internal organs must function together in harmony.

## The Five Animals

1. Tiger
2. Deer
3. Bear
4. Monkey
5. Crane

## Universal Flow

1. Flowing with the Wind
2. Giving
3. Receiving
4. Gathering the Energy
5. Transforming the Energy
6. Radiant Flow Movement