

Qigong: A holistic and natural way to wellness for cancer survivors workshop



Synopsis ▼

Qigong is the practice of skill to cultivate Qi. According to Chinese medicine, Qi can be considered as the inherent life force or vital energy or intelligence within the body and the universe. In Chinese medicine the maintenance of adequate, balanced and regulated Qi system to ensure the smooth, fluid and clear circulation of Qi is essential for health and wellbeing and disharmony, blockage or lack of Qi is believed to be the main cause of illness. Qigong is a mind-body exercise that enhance mind-body integration to bring about a deep state of relaxation that leads to the clear and smooth circulation of Qi for a better physical, mental and spiritual health. It is reported that regular practice could stimulate and enhance mind-body integration to regulate endogenous neurohormones and stimulate other natural health recovery

mechanisms to promote self-healing. Many studies have consistently reported the benefits of Qigong for cancer-related symptoms such as reducing fatigue and improvement in depression, anxiety, cognitive function, immune system markers and quality of life with potential for increased survival.

In this workshop participants will learn how to apply the concept of Qi and Qigong through two simple Qigong methods to achieve a calm and relaxed mental state critical for psychological and physical wellbeing of cancer survivors. Participants will also learn the holistic concept of nature and human to regulate the Qi mechanism of the body to promote the clear and smooth circulation of Qi and blood leading to improved health outcomes with better quality of life of cancer survivors when practiced consistently.

Speakers ►



Sara is a Malaysian and Australian Certified Public Accountant as well as a registered Chinese Medicine practitioner in Australia and Malaysia. She has a double degree in Chinese Medicine and a Master of Research. Sara has more than 15 years of experience in Qigong and has conducted many public Qigong workshops over the years. Currently she is giving lecture on Qigong at Western Sydney University and focusing on research of Qigong on cancer.

CANSURVIVE & ITS PURPOSE

Cansurvive is a support and information service for those who are challenged with cancer. Not just information and support, but a service that offers a greater awareness of the benefits of holistic, non-invasive cancer therapies, nutrition and diet, as well as orthodox treatments; what is available and where to access them. It is a window of light into the world of healing, where the word *"Terminal" is a challenge, not a death sentence.*

zoom REGISTRATION IS FREE

https://zoom.us/webinar/register/WN_48LCXJvcRie4LTP0qCNmkQ



Date : Saturday, 22nd August 2020
Time : 3:00 pm to 5:00 pm
Venue : Online via ZOOM

Organised by:
CANSURVIVE CENTRE MALAYSIA BERHAD (903023-M)

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