

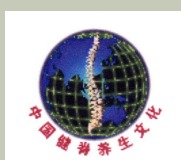


# SPINE QIGONG

— PING DIETRICH-SHI —

Online seminar, 14-17 November 2020

A flexible back ensures an increase in the supply of basic Qi (life energy). The exercises not only ensure a smooth and strong back but also work on the central nervous system that is located in the spine. Because the central nervous system is connected to all organs in our body, the functioning of organs can also improve. Training your back can thus improve your overall health.



# What Spine Qigong is?

Spine Qigong is how we name the practices developed by **Master Dou Zhanguo**. These practices usually refer to **three sets of exercises** (lying, sitting and standing) with the aim to mobilize and make the spine flexible.

## **Why is so important to have a flexible spine?**

The only way to the mastery of Neijia Kungfu is to loosen the spinal bones. Once the spine is free of pressure, there can be true power getting through the back.

Life lies in motion, and the root of motion lies in the spine. However, most exercises involve only movements of limbs. Spine Qigong comes from the essence of Neijia Kungfu. It stresses the spinal movements that start from the movement of the fifth lumbar vertebra. Only spinal exercises can directly massage internal organs, regulate their functions and prevent diseases by strengthening the overall immune power of the human body. Therefore the benefits of spinal exercises are very obvious.

The core of Spine Qigong consists of healing the body and healing the mind. The two parts supplement each other and one part cannot exist independently without the other. Healing the body refers to the set of exercises involved in freeing the spine. Mr. Dou invented exercises based on three positions, sitting, lying and standing. But all of them aim at training the spine.

## Ping Dietrich-Shi

Ping Dietrich Shi gives Zhi Neng Qigong, Nature Taiji and Spine Qigong. She also translated the "elementary book by Zhineng Qigong" into German by Dr. Pang Ming.

## Information

**Costo:** €180 + €20 (membership) - Including recordings of the event

Platform: **Zoom ID 976 3529 3407** (seminar time is CET)

**Time:** 14-15 November 9:30-11:00 and 17:00-18:30 --- 16-17 November 17:00-18:30

Registrations: **[info@zhinengqigongitalia.it](mailto:info@zhinengqigongitalia.it)**