

## Alternative Health

# 5 Elements Qi Gong

WORKING YOUR ENERGY TO FEEL HEALTHY AND STAY FIT

□ By Daniela Herzberg & Roger Keller

**Qi Gong** is one of the most powerful forms of exercise ever invented yet it involves only small movements. Instead of using up energy, it builds up and moves energy in the body. As a consequence, regular practice will improve your health and balance out your emotions.

**Qi Gong** (or ch'i kung) means 'working the energy' and refers to a wide variety of traditional cultivation practices that involve methods of accumulating, circulating, and working with breathing and the life energy. Qi Gong is practiced for health maintenance purposes, as a therapeutic intervention, as a medical profession, a spiritual path and/or component of martial arts. With Qi Gong you can feel energetic all day every day, stay calm and focused and develop a strong immune system. There are a lot of different schools and ways of practising Qi Gong, nearly all focussing on the balance of the energies in your body.

We have both practiced and studied Qi Gong for over 12 years with many different teachers. The five elements Qi Gong is the result of our own personal experience and the different training methods we have learned throughout the years. With the help of the productive elements cycle, you can strengthen your organs, harmonise your emotions and thus heal body, mind and soul even more.

You can find some of our exercises on our webpage. For the 'real' experi-

ence, come and join one of Daniela's open classes at the Hotel Abama in the south-west of Tenerife or ask for personal classes with her.

## No sports please?

We always tend to the extremes – so it is either too much exhausting activity or no sports at all for most of us. Both is not recommendable for a healthy body. A busy manager working out after an intense working day, jogging 10 kilometres before going to his office and spending his leisure time doing excessive running or mountain-biking will exhaust his life-energy on a long term. A person working eight hours a day in front of the computer, then coming home, sitting down in front of the television not moving a single muscle, will soon feel weak and unmotivated. Moderate exercises and movements like Qi Gong and/or Tai Chi are the far better solution to balance out yin and yang and hence reduce stress and preserve mobility and flexibility.

## Find your inner balance

Doctors' waiting rooms are full of people who have no idea how to eliminate stress and tension. Their bodies rebel, because they have lost their balance due to their stressful jobs or their nerve-racking daily routine. But we really do not need a doctor or pills to find our inner peace and maintain our inner balance. If we take responsibility for our own well-being and dedicate only 10 to 15 minutes a day to doing

some of the easy exercises of the 5 elements Qi Gong, we can improve our health tremendously.

We know that sometimes it seems nearly impossible to work out daily to maintain our inner energy level. You might feel there is just never enough time or it's just too



much hassle, but you should really give it a try! You may for example integrate the following exercises into your daily routine:

## The Qi ball

Stand relaxed, your legs shoulder-width apart, knees slightly flexed, shoulders, arms and head relaxed. Let your hands rest on your Dan Tien (which is your energy centre two fingers wide below your navel). Breathe deeply and easily and imagine how the Qi (the energy) accumulates in your Dan Tien dispersing a pleasant warmth. Rub your hands to make them warm and massage softly the palms of your hands. Make a little ball with both hands, without touching each other.

Watch the imaginary ball in your hands and let an energy field grow between your hands. Feel the energy and let the ball grow bigger or smaller, go for a walk with it or just move it with your hands from one side of your body to the other. If you feel your hands getting

arms and head relaxed. Imagine the situation that made you angry. Sharpen your 'claws' and scratch the stressful and disturbing image to pieces. Snarl loudly whilst you do this, to let go of all your anger. Repeat three or four times and finish the exercise with a loud

## The inner smile

This is one of the basic, but nevertheless most effective exercises from the healing tao practise, which can lead to complete relaxation and composure, if you practise regularly.

Stand or sit relaxed, your legs shoulder-width apart, knees slightly flexed, shoulders, arms and head relaxed. Let your hands rest on your Dan Tien, breathe calmly and send a warm smile into your inner centre. Imagine a special, joyful situation to achieve a smile that really comes from the bottom of your heart. Now, smile to yourself, to your heart, your organs and fill your body, mind and soul with this positive energy. Stay like this for as long as you feel comfortable.

## If you feel an imbalance in a certain area of your body, give an extra smile to the affected organs:

Smile to your **liver** for a disturbed wood element.  
Smile to your **heart** for a disturbed fire element.  
Smile to your **stomach** and spleen for a disturbed earth element.  
Smile to your **lungs** for a disturbed metal element.  
Smile to your **kidneys** for a disturbed water element.

For more information on Five Elements Qi Gong, health consultations and private Qi Gong classes, call Daniela or Roger at +34 650830506 or send an email to [daniela@5-elementos.com](mailto:daniela@5-elementos.com)

## DENTAL CLINIC FAÑABÉ PLAZA



Sedation with gas: all treatments are pain free · White Fillings & implants · Whitening with Laser, only one appointment · First visit to Orthodontist, Dentist and Maxillofacial Surgeon **FREE** · In-house laboratory

Emergency Phone Line (for Bank Holidays & Weekends) : 687 744 225

C.C. Fañabé Plaza, Avda. Bruselas 2nd floor (in front of Hotel Jacaranda)  
Playa Fañabé, Costa Adeje, Tenerife Sur  
Tel: 922 714 225 • Fax: 922 724 130 • [www.clinicadentalfanabepiazza.com](http://www.clinicadentalfanabepiazza.com)

NEW PROVEN WAY TO MASTER THE  
SPANISH LANGUAGE

-Intensive  
-Individual  
-Innovative  
-Cost-effective  
- Perfect for any age group

START OUR  
NEW YEAR COURSE NOW AND  
SAVE 25% FOR THE MONTH!

LanGen

the language centre  
Calle Tegueste, ADEJE

CALL JARO TO BOOK YOUR FREE DEMONSTRATION ON  
922 788 389

OXYjet The Beauty Secret of the Stars

Now available in Tenerife!

Exclusively at: The Tropical Wellness & Spa, Hotel Jardín Tropical, San Eugenio and The CAROLI HEALTH CLUB in the Sheraton Hotel, La Caleta.

OXYjet literally breathes new life into your skin.  
A natural alternative to cosmetic injections.  
A luxurious and relaxing experience that really does give results.

CALL JULIE AT OXYBEAUTY CANARIAS NOW FOR APPOINTMENTS  
AND FREE CONSULTATIONS ON 627 890 570

Trade enquiries welcome for spas, beauty centres and mobile - exclusive areas still available throughout the Canaries.

5TH ANNIVERSARY

HIGIENEC

TINTORERIAS DE CALIDAD

Dry Cleaning - Laundry  
HIPER TREBOL ADEJE

- Duvelts
- Management Companies
- Restaurants - Bars
- Repairs and Alterations
- Open All Day - 10<sup>AM</sup> - 8<sup>PM</sup>

SPRING SPECIAL

20% off  
all curtains  
plus take down  
and put up  
service