

“Survive, Thrive & Be Fit!”

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Qigong

for Cancer Survivors!

Qigong with the Qi-Gang offers opportunities for interested cancer patients/survivors, co-survivors, and caregivers to practice Qigong together and learn about the practice from one another!

Updated 1/29/2024

ONLINE RESOURCES:

National Qigong Association	Five Treasures
https://www.nqa.org https://www.nqa.org/5-treasures-qigong https://www.youtube.com/watch?v=gO5g3XxQV9w	Time: 21:00
The NQA website offers some useful resources including a wonderful 21-minute practice that was the starting point for some of us and continues to be a favorite practice. Following the follow-along practice are detailed instructions. If you would like a DVD of this practice, contact Tim.	

Qigong Institute	
https://www.qigonginstitute.org/	Resources
The Qigong Institute is a 501c(3) not-for-profit organization dedicated to promoting the scientific understanding of the basis of Qigong through research and education.	

RECOMMENDED VIDEOS (& Other Resources):

Jeffrey Chand	Easy Qigong Warmup
https://www.youtube.com/watch?v=FR7-XiyV4rM	Time: 6:00
A gentle warm-up for your day or before beginning a qigong practice.	

Jeffrey Chand	7 Rules of Good Qigong Practice
https://www.youtube.com/watch?v=EWY6HeaMLio	Time: 11:00
Watch this video to learn about the 7 Rules of a Good Qigong practice plus and extra bonus one!	

Jeffrey Chand	Qigong for Stress, Anxiety, and Energy
https://www.youtube.com/watch?v=CCicH-iz1oU	Time: 16:00
Here is a full qi gong routine to help with stress, anxiety, and energy.	

Jeffrey Chand	Qigong for Calming a Busy Mind
https://www.youtube.com/watch?v=o-jrbymSYDM	Time: 21:00
Qi Gong for grounding your energy and calming your mind.	

Lee Holden	Lee Holden Teaches James Nestor Qi Gong – Easy 25 Min Qi Gong for Better Breathing
https://www.youtube.com/watch?v=vN7B3QEMkQc	Time: 11:00
Qi Gong Master Lee Holden teaches James Nestor his first Qi Gong routine.	

Lee Holden & James Nestor	DISCUSSION: Master Qi Gong Teacher Lee Holden and James Nestor Discuss the Art of Breathing
https://www.youtube.com/watch?v=2RO9Pb671Mk	Time: 50:00
Master Qi Gong teacher Lee Holden and James Nestor Discuss the Art of Breathing	

Lee Holden (Article)	How to Use Seven Qigong Principles to Create Your Own Routine
https://www.holdenqigong.com/how-to-use-seven-qi-gong-principles-to-create-your-own-routines/	Time: N/A
Here are the steps, or principles, that you can use to create your own routines. These principles underlie many of Lee's classes:	

Nick Loffree (website)	Lots of Resources/Info/Links
https://www.nickloffree.com/	

Nick Loffree	Top 2 Most Effective Qigong Exercises for Beginners
https://www.youtube.com/watch?v=gXACNSMeOvk	Time: 6:00
Relieve stress fast with these two simple daily qigong exercises.	

Nick Loffree	Qigong for Calming the Nervous System, Better Sleep and Anxiety Relief
https://www.youtube.com/watch?v=zzKbFoLijOU	Time: 25:00
Try this Evening Qigong for Stress routine to get better sleep and to help with anxiety and fatigue.	

Nick Loffree	Five Element Qigong – Foundational Chi Exercises for Health & Healing.
https://www.youtube.com/watch?v=X5na_P8204I	Time: 22:00
This is a great Qigong routine to practice every day, especially if you are a beginner	

Nick Loffree	Easy Qigong for Beginners – Simple Bioenergy Exercises for Energy & Focus
https://www.youtube.com/watch?v=ACOAP0c4vfQ	Time: 17:00
To get more energy and focus, and lower stress and chronic pain.	

Nick Loffree	Qigong for Strength – Shaolin 5 Stances + Buddhist Qi Gong Sound Healing
https://www.youtube.com/watch?v=EZu_xaiMjB4	Time: 21:00
Qigong for Strength: Shaolin 5 Stance Kung Fu Workout + Buddhist Sound Healing & Qigong.	

Nick Loffree	Qigong for Strength – Shaolin 5 Stances + Buddhist Qi Gong Sound Healing
https://www.youtube.com/watch?v=EZu_xaiMjB4	Time: 21:00
Qigong for Strength: Shaolin 5 Stance Kung Fu Workout + Buddhist Sound Healing & Qigong.	

Nick Loffree	Foundations of Chi Kung (4 Part Series)
https://www.youtube.com/watch?v=EnYdhXEBCL0&list=PLxnRrQscmVVw4dFFIsSCNDHDPd5tOq9MT https://www.youtube.com/watch?v=-YcYUK7MgZg&list=PLxnRrQscmVVw4dFFIsSCNDHDPd5tOq9MT&index=2 https://www.youtube.com/watch?v=1PKkQ8_6Dk&list=PLxnRrQscmVVw4dFFIsSCNDHDPd5tOq9MT&index=3 https://www.youtube.com/watch?v=suniqMlaspk&list=PLxnRrQscmVVw4dFFIsSCNDHDPd5tOq9MT&index=4	Time: 21:00 to 31:00 each
Week 1: Foundations of Chi Kung Disintegrate - Silk Reeling & Purging Qigong for Beginners Week 2: Re-Shape Dao Yoga & Qigong for Beginners Week 3: Re-Integrate Qigong Standing Meditation Zhan Zhuang & Ma Bu Week 4: FLOW STATE Beginners Qigong for Stress & Anxiety Relief	

Long White Cloud Qigong	Five Waves – 12 Minute Follow Along Practice with Instructions.
https://www.youtube.com/watch?v=AwrMzXQ-Wpc	Time: 12:00
A follow along practice and gives you easy to follow instructions including when to breath in and when to breath out.	

Dr. Jeff Tarrant, Neuro Meditation Institute	Qigong Demonstration: The Five Elements
https://www.youtube.com/watch?v=8R2gUv-Uw_w	Time: 25:00
A full-length Qigong routine that can be used for health, wellness and stress reduction.	

DVDs:

Qi Gong for Better Health & Wellness	With Lee Holden
Multi-disc set featuring twelve individual sessions (approximately 35-45 minutes in length).	

Qi Gong Thirty Day Challenge	With Lee Holden
Single-disc set featuring 30 different 7-minute routines.	