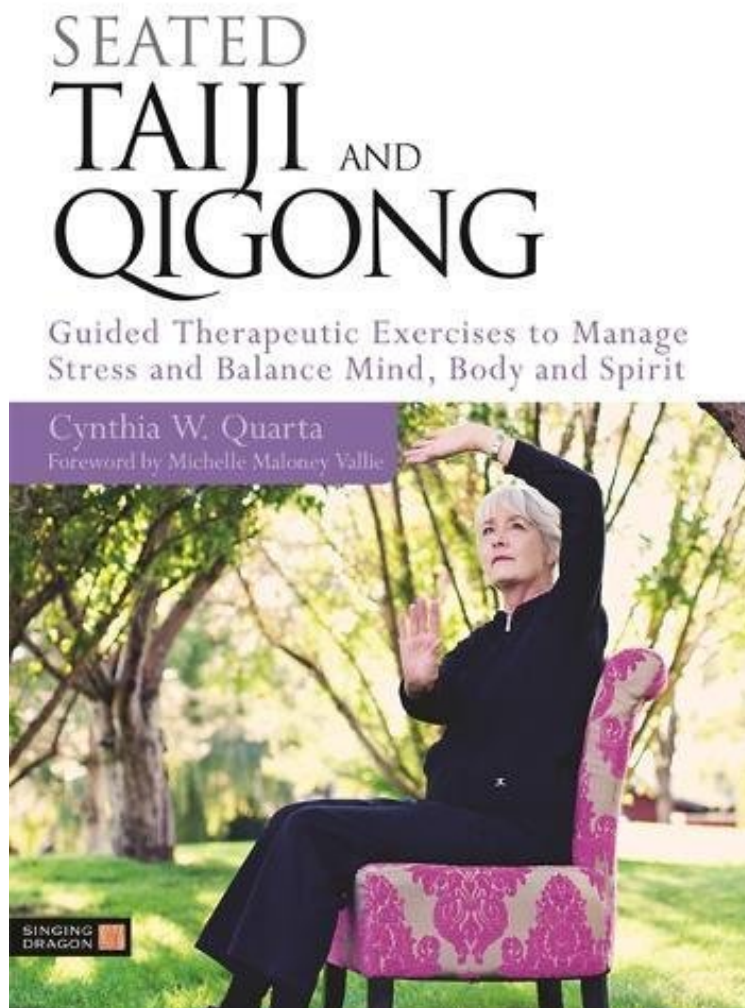


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Seated Taiji and Qigong: Guided Therapeutic Exercises to Manage Stress and Balance Mind, Body and Spirit

Cynthia W. Quarta

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Practising Taiji and Qigong is the perfect antidote to the stresses of modern life and a great way to stay healthy. Now caring professionals can help those with limited mobility to experience the benefits of Taiji and Qigong with this easy-to-follow guide. Covering everything caregivers need to know about Taiji and Qigong, this illustrated guide provides an explanatory introduction to these forms of exercises and shows how to build up a program from easy steps to more challenging ones. There are exercises to stimulate every part of the body, with variations to suit the patient's needs and preferences. All the movements are adapted from the same ancient principles guiding classic Taiji and Qigong and will help strengthen the body as well as provide contemplative relaxation. This book will show occupational therapists, physical therapists, nurses, activity directors, mental health practitioners, martial arts instructors, and anyone else working with people with physical disabilities and the elderly exactly how these simple techniques can make big improvements to a person's physical and mental wellbeing.

This book is the first one that I am aware of, at least, that teaches these important and oh so helpful practices from a seated position. There are many people who, because of various infirmities, cannot do the standing practices but there is really lots that can be done from a chair.... So I am happy to see this very valuable book come out. If you are in a chair yourself or know someone who is interested in qi practice who is confined to a chair get them this book! -- The Empty Vessel A welcome addition to the sadly neglected area of exercises for the less physically able. -- Gordon Faulkner, author of the award winning Managing Stress With Qigong Seated Taiji and Qigong reveals the secret of health, happiness and peace. The explanation of energy flow throughout the body is straightforward. By starting an effortless daily routine that combines deep breathing and simple movements, we promote our balance and energy flow. Herein, lays an invaluable tool for the mental health professional offering a free, sustainable source of energy, an avenue for self-care, and a therapeutic resource aiding clients in easing their stress while motivating and energizing them. -- Wanda S. Diekhans, MPC, LCPC, Good Grief Counseling, Great Falls, Montana How can we really help clients live in their demanding worlds while gaining a healthier, more joyful perspective for their bodies and minds? I am confident that this book will provide many of the answers for health professionals. Through modified Taiji and Qigong methods, reducing stress is now simpler and easier to understand. -- From the foreword by Michelle Maloney Vallie, LCPC, LAC, PhD, Outpatient Therapist, Montana This book is the first one that I am aware of, at least, that teaches these important and oh so helpful practices from a seated position. There are many people who, because of various infirmities, cannot do the standing practices but there is really lots that can be done from a chair.... So I am happy to see this very valuable book come out. If you are in a chair yourself or know someone who is interested in qi practice who is confined to a chair get them this book! (The Empty Vessel)A welcome addition to the sadly neglected area of exercises for the less physically able. (Gordon Faulkner, author of the award winning Managing Stress With Qigong)Seated Taiji and Qigong reveals the secret of health, happiness and peace. The explanation of energy flow throughout the body is straightforward. By starting an effortless daily routine that combines deep breathing and simple movements, we promote our balance and energy flow. Herein, lays an invaluable tool for the mental health professional offering a free, sustainable source of energy, an avenue for self-care, and a therapeutic resource aiding clients in easing their stress while motivating and energizing them. (Wanda S. Diekhans, MPC, LCPC, Good Grief Counseling, Great Falls, Montana)How can we really help clients live in their demanding worlds while gaining a healthier, more joyful perspective for their bodies and minds? I am confident that this book will provide many of the answers for health professionals. Through modified Taiji and Qigong methods, reducing stress is now simpler and easier to understand. (From the foreword by Michelle Maloney Vallie, LCPC, LAC, PhD, Outpatient Therapist, Montana)From the Inside FlapPracticing Taiji and Qigong is the perfect antidote to the stresses of modern life and a great way to stay healthy. Now caring professionals can help those with limited mobility to experience the benefits of Taiji and Qigong with this easy-to-follow guide. Covering everything caregivers need to know about Taiji and Qigong, this illustrated guide provides an explanatory introduction to these forms of exercises and shows how to build up a program from easy steps to more challenging ones. There are exercises to stimulate every part of the body, with variations to suit the patient's needs and preferences. All the movements are adapted from the same ancient principles guiding classic Taiji and Qigong and will help strengthen the body as well as provide contemplative relaxation. This book will show occupational therapists, physical therapists, nurses, activity directors, mental health practitioners, martial arts instructors, and anyone else working with people with physical disabilities and the elderly exactly how these simple techniques can make big improvements to a person's physical and mental wellbeing.