

1. Who am I writing to?
  - 18-35 young adults striving for health improvement and health maintenance, they want to achieve the best life they ever have but also to have health as a priority, they strive for improvements and they want to fix the improvements everywhere they see because they don't want to be "lacking" in their health and not getting to their own specific goal in life.
  - Their frustrations are finding the improvements they need to fix and the resources. They have tried multiple Ashwagandhas from many companies but are disappointed because they didn't give them the right ingredients they wanted.
2. Where are they right now?
  - They mentally went from seeing our Instagram to seeing one of our blog posts, they are curious to read more and get knowledge they can use just because of us and we saved their time.
3. Where do they need to go?
  - They need to go and use the language they learned and put trust into Miverna because they learned something new.
4. What steps do they need to take to get there?
  - Get their attention, relate to the beginning of the blog post, and make them trigger curiosity about something that the Reiki supplement has valuable benefits.
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**Format:**

**Idea:**

**Qigong: Qigong is an ancient Chinese practice that involves gentle movements, breathing exercises, and meditation. There is some evidence to suggest that Qigong may be beneficial for improving physical health, reducing stress, and enhancing emotional well-being.**

## **Headline: The Occult Methods Ancient Chinese People Use EVERYDAY To Self-Heal.**

Numerous methods exist to enhance physical performance and lead a healthier life. Among these, the most relevant until today involves heading to the gym to engage in weightlifting. This sort of exercise aims at building muscle development, striving for increased strength, and eliminating your fitness goals. The gym becomes our arena to continuously evolve, pushing our bodies to their genetic limits in pursuit of healthier lifestyles.

However, there exists an ancient and graceful form of exercise that is way easier, and provides more benefits, such as enhanced strength, decreased stress, chronic pain, and various other health issues.

Want to experience all these health benefits for free?

Reading this blog post will massively help you achieve that.

### **Meet Qigong.**

*What is Qigong?* Qigong (气功) is a traditional Chinese exercise practice that combines gentle movements, breathing exercises, and meditation. Traditional Chinese Medicine (TCM) practitioners believe that the flow of qi, or vital energy, throughout the body, is very often used to improve physical and mental health and can be practiced by people of all ages and at all fitness levels.

### **Origins of Qigong**

Qigong has been practiced in China for thousands of years and originated from ancient Chinese medicine and martial arts. The word "qigong" is composed of two Chinese characters: "qi" (氣), which means "vital energy," and "gong" (功), which means "skill or cultivation."

### **How it works**

Qigong exercises that focus on slow, gentle movements are often considered to be more meditative and relaxing. These exercises can help to promote relaxation, stress reduction, and improved circulation.

Qigong exercises that focus on more dynamic and energetic movements can help to improve flexibility, balance, and coordination. These exercises can also be more challenging and may be more appropriate for people who are looking for a more vigorous form of exercise.

Ultimately, the best way to find the type of qigong that is right for you is to experiment with different styles and movements. You may find that you prefer a more gentle and meditative approach or a more dynamic and energetic approach.

## **Great, what kind of Qigong exercises are there?**

**Tai Chi:** Tai chi is a slow, graceful, and flowing exercise that is often considered to be the most traditional form of qigong. It is a great way to promote relaxation, stress reduction, and improved balance.

**Baduanjin:** Baduanjin is a set of 10 dynamic and vigorous exercises that are said to strengthen the body and improve circulation. It is a great way to improve flexibility, balance, and coordination.

**Yiquan:** Yiquan is a form of qigong that emphasizes the mind-body connection. It is a great way to improve focus, concentration, and self-awareness.

**Liuhebafa:** Liuhebafa is a powerful and dynamic form of qigong that is said to have originated in the Shaolin Temple. It is a great way to improve strength, flexibility, and coordination.

**Zhan Zhuang:** Zhan Zhuang is a static and meditative form of qigong that involves standing still and focusing on the movement of qi in the body. It is a great way to promote relaxation, stress reduction, and improved circulation.

Choose whichever one fits you the best to reduce stress and the preferred style and use it to your advantage to find new ways of healing your health, but keep in mind: **Patience and consistency are key.** Qigong is a practice that takes time and consistency to see results. Don't get discouraged if you don't see results immediately. Just keep practicing regularly and you will eventually start to notice the results to show up.

**In conclusion:** Qigong, an ancient Chinese practice, offers a holistic alternative to traditional gym workouts. With its gentle movements, meditation, and breathwork, it promotes not only physical strength but also stress reduction and overall well-being. From the calming Tai Chi to the dynamic Liuhebafa, its diverse exercises cater to various preferences, emphasizing that consistency and patience are key. While immediate results may not be apparent, regular practice promises transformative benefits for a balanced and healthier life. If you are someone who wants to reduce stress with non-intense movements but yet wants to get strong, then Qigong is for you.

**P.S** After using Qigong for a month as an alternative way for healing yourself, here are the results you can expect:

- Improved physical health: Qigong can help to improve flexibility, balance, and range of motion. It can also help to strengthen your muscles and bones.

- Reduced stress and anxiety: Qigong can help to reduce stress and anxiety by promoting relaxation and relaxation. It can also help to improve sleep quality.
- Increased energy levels: Qigong can help to increase energy levels by promoting circulation and improving oxygen flow.
- Improved mental clarity: Qigong can help to improve mental clarity by promoting meditation and mindfulness. It can also help to improve memory and focus.
- Reduced pain: Qigong can help to reduce pain by promoting relaxation and releasing tension. It can also help to improve circulation and reduce inflammation.
- Improved overall well-being: Qigong can help to improve overall well-being by promoting a sense of balance, peace.