



Henri-noel Venturini: Everyday Qigong



Henri is an intuitive healer, drawing on 20 years of massage, martial arts, Tai Chi and Qigong in his practice of mind body medicine. Henri is also the designer of the Balanced Energy Six Element Mandala. He currently lives in New Zealand. In this session he teaches the 5 element Qigong breath for better organ health and emotional balance.

How Everyday Qigong Can Influence Health:

- Ancient healers observed five elements in nature and their connection to the forces of chi (the yin/yang) in the body.
- Symbolically, the five elements follow a natural sequence of fire followed by earth, metal, water and wood, with each element nourishing the next. Too much or too little of an element will disrupt the balance.
- The ancients associated the five elements with the different seasons in nature and mapped each to organs in the human body as well as to human emotions.
- Qigong breathing and movement practices can help humans access and balance the elements to restore health.

Earth Element - Spleen and Stomach:

- Qigong practices can assist with physical issues such as problems with urination and emotional patterns of overthinking, worry and pensiveness.

Metal Element - Lungs and Large Intestine:

- Qigong practices can assist with physical issues associated with the nose and emotional patterns of grief, sadness and worry.

Water Element Liver and Gallbladder:

- Qigong practices can assist with physical issues associated with the eyes and emotional patterns of anger, resentment and frustration.

Wood Element - Kidney and Bladder:

- Qigong practices can assist with physical issues associated with the ear and emotional patterns of fear and shock.

Fire Element - Heart and Small Intestine:

- Qigong practices can assist with physical issues associated with the tongue and emotions of overjoy and worry.

Resources:

- ❖ **Website:** balancedenergy.co.nz/
- ❖ **Email:** henri@balancedenergy.co.nz



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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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