



Dr. Florian Besch: Practicing Qi Gong: From Form to Freedom to Authenticity



Dr. Florian Besch is a Business and Life Coach, Facilitator and Mindfulness Teacher and Co-founder Nevo –Training, Coaching, Entwicklung GbR. He has been practicing martial arts for 28 years.

Explore how Qi Gong form leads to freedom and authentic movement, as well as connecting with the elements.

TOP EMBODIMENT TIP: Walk your talk.

Form, Freedom and Authenticity: **The Disciplines That Are Mainly Rooted In Form Are the Martial Arts**

- After you learn form, you can reflect on your own patterns.
- In freedom disciplines, we listen to our bodies and what is happening right now.
- Focus on the wisdom of the body.
- Between form, freedom and authenticity, there are no strict borders or separations, but more like a fluid continuum that flows from one to the other.

Authenticity:

- Gabor Mate says that authenticity is a human need: the **capacity to know what we feel, to be in touch with our bodies and express who we are.**
- We are connected to our bodies, feeling from within what is happening in our bodies.
- It's very important to see the three layers of the body: emotion, thoughts and an inner world that we experience.
- We also relate to the outer world, and how I express my inner world to the outer world.
- It makes sense to move from form to authenticity because Qi Gong enables us to see our body and emotions, recognizing where you are, and sinking into your body.

Beginning and what we notice: **Reflect As You Practice.**

- Tap into how you are right now, how do you feel, and what level of activation you are experiencing.
- We can notice the relaxation and the sinking of the body.
- What is your activation level after practicing?

The movements strongly connect: **To The Elements of Earth and Sky**

- You may feel more connected to one of the elements, or enjoy one more, as you go through the practice.
- As we practice, we also note whether we are drawn to the other elements of **water, fire, air or Earth.**

Resources

- ❖ **Courses:** Locating the Heart of Authentic Leadership
- ❖ **Website:** www.nevoteam.de



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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