



Jan Nevelius: Qigong - Introduction to Xing Shen Zhuang



Born 1964 in Stockholm, Sweden, Jan is a therapist, teacher, lecturer and writer who began Aikido as a child, and Qigong, Shiatsu and Acupuncture as a teenager. Jan also studied Reiki, Tai Chi Chuan and Daito Ryu for many years. Discover how to take in energy through the breath and move that energy through your body by opening space through movement. Unblock energy channels and connect with the Earth.

TOP EMBODIMENT TIP: Find the root of your movement, the root of your consciousness, the root of your breath, and the root of your posture. When we cannot move so much (e.g. during a pandemic lockdown) try to feel: from where do we move? Go deeper within and start somewhere where the core is.

Form:

- Always standing
- Never overstretching
- Elbows always slightly dropping, never locking out
- **The mind cannot expand and the physical body has a comfort zone. Keep the physical body in that comfort zone**

Core Training: very good for

- Spine
- Psoas
- Diaphragm
- Posture
- Stimulating internal organs

Spiral Movements:

- Connect fascia, tendons, and ligaments

Opening Joints:

- Opening joints is important
- **Locked joints block energy**
- In Ancient Chinese Medicine, it is believed that many diseases (not all but many) start in the joints
- **When we open joints, we release energy**

Resources

- ❖ **Website:** <https://www.jannevelius.com>
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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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