



Mimi Kuo-Deemer: Qigong: The Movement of Energy and Intention



Mimi is an author and teacher of qigong, yoga, and mindfulness. She co-founded Yoga Yard, Beijing's first yoga studio and developed the 8 Brocades Qigong Practice. Explore the role and potential power of energy (qi) and intention (yi) in Qigong to nourish, balance and heal the body. Engage in a gentle guided practice where concepts and principles can be applied and embodied.

TOP EMBODIMENT TIP: Remember you are a manifestation of the natural world.

The Value of the Practice at this Time: **Where We Are At in The World There is So Much Disconnection**

- Not being able to live our normal lives can create an imbalance in the body, the heart and the mind.
- Practicing qigong encourages a bigger, broader view of life, to feel more connected to the natural world and helps you to feel anchored by creating more steadiness.
- **'Qi'** means life force, life essence, life energy; the distinctive energetic blueprint of all matter; **'Gong'** means to work or cultivate.
- Qigong movement implies a sense of fluidity and change and it reminds us that nothing is static or fixed.
- Qigong uses the mind to direct the movement and transfer of energy through the body to promote well being;
- The mind works the Qi to feel more balanced: there is more flow and fewer obstacles.

Energy & Intention:

- All forms of energy relate to motion, and can neither be created or destroyed.
- Energy can, however, be transferred.
- All life on earth uses and leverages this one type of energy, transferring one thing to another.
- **Energy moving through us fuels, repairs, heals and maintains;**
- Energy supports cognition, digestion and the senses.
- Intention - taking energy, our heart's kindness, and making a stand in the world (from the radical components of the Chinese character for 'intention'),

Resources

- ❖ **Website:** mkdeemer.com
- ❖ **Facebook:** [facebook.com/daoistflow](https://www.facebook.com/daoistflow)
- ❖ **Instagram:** [mimikuodeemer](https://www.instagram.com/mimikuodeemer)
- ❖ **References:** Daoist Flow



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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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