



Nando Reynolds: Spontaneous Qigong



Nando is a Somatic Mindfulness based Life Coach and an author. He has studied and taught Tai Chi and Qigong for more than 40 years. Find out what is spontaneous Qigong and how it can benefit you in your daily life. Join in these series of guided experiments to discover more by trying it yourself.

TOP EMBODIMENT TIP: It's all about attitude. We want to maintain this attitude of curiosity, allowing self compassion and faith in the body's wisdom. And to do that we have to breathe enough.

Spontaneous Qigong Explained

- Firstly, **Qi** stands for *life energy* and **Gong** means *skill developed through practice* and together they form **Qigong**, which means: *energy exercise*. It is a skill that comes from Chinese tradition.
- When combined with **spontaneity**, it stands for *exercise of feeling and allowing the natural movement of aliveness through your body*.
- Besides **Chinese traditions** like martial arts and Tai Chi relating to this practice, you can find similarities with some **western methods** like reiki, bioenergetics and Feldenkrais.

Why Do It?

- 2020 has been a challenging year for many and the practice has helped Nando cope with his emotions even when parts of his city burned in the wildfires.
- Often we are very good at doing but we don't take time for being. With this practice, you can create the perfect space for being in your body.
- **If you give your Qi permission to move and express itself it will find a way to bring you healing and awareness.**

Important In The Practice

- Main question in the practice: **How does my body want to move** without my mind or ego being on the way? Make space for spontaneous movement.
- Keep an **attitude of curiosity, allowing, self compassion and faith in the body's wisdom.**
- Learn how to **use your breath** to cultivate the ideal level of physical arousal needed to be in the "energetic sweet spot".

Resources

- ❖ **Books:** *Push Hands Workbook & Transforming Your Inner Critic Into An Inner Coach*
- ❖ **Courses:** The Holistic Energy Workout DVD
- ❖ **Website:** <https://nando-r.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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