Qigong, or “Working with Life Energy,” is a complex system of self-healing that includes:

- Healing postures
- Movement
- Self-Massage
- Abdominal Breathing
- Meditation
- Accumulation of Qi (life energy)

Benefits include: increased strength, greater endurance, more flexibility, boost your immune system, stress relief, lose weight, inner peace and harmony. Check out Adriana’s website for more information on Qigong.