

QiGong

Body exercises for a culture of health

QiGong (or Chikung) are ancient techniques focused on breathing and body movements that produce bioenergetic balance. They were designed and created to combat physical and mental illnesses and imbalances. (source: Portuguese Institute of Tai Chi and QiGong)

Guta Araújo

Training:

Therapeutic QiGong (level 1) – Instituto Português de Taichi e QiGong (Porto)

Other trainings:

Scented Training Levels 1 and 2 (Xianggong)

Percussions/tapping for vitality

8 Silk Brocades (Baduanjin)

Morning self-massages for health

Other practices:

TaijiQigong

Lian Gong in 18 Therapies (level 1)

Experience:

Since 2010, I have practiced and participated in QiGong courses/training in both Brazil and Portugal.

Since 2017, I have offered weekly open practices in the "Espaço Zen" garden in Costa da Guia/Cascais.

Since 2025, I have offered regular weekly classes at the Zen Village space in Murches/Cascais.

Contact

Phone/WhatsApp: +351 913 293 543

Email: guta_particular@hotmail.com

PROPOSAL

QiGong classes

Public: open to people from all ages

Length: approximately 45-50 minutes (can be adapted to client needs)

About Instituto Português de Taichi e QiGong

The institute aims to promote Tai Chi and Qigong, making them accessible to the population through the provision of regular in-person and online sessions, holding events open to the public, workshops, and certified training individually, in groups, or in school and work settings, as well as through scientific research production, through various links with university institutions.

Above all, a fundamental objective is the dissemination of therapeutic techniques, encouraging adherence to preventive physical exercise, contributing to the physical and mental well-being of the population and, thus, to public health.

www.institutoptc.com

About Professor Maria Lucia Lee

Born in Taiwan in 1949, she moved to Brazil at the age of 2. She graduated from the Physics Institute of the University of São Paulo (USP). In 1982, she decided to dedicate herself exclusively to research and teaching Chinese body arts and their philosophy. Since then, she has introduced various therapeutic exercise methods of Traditional Chinese Medicine to Brazil – Lian Gong in 18 Therapies, Xiang Gong-Scented Training, Tai Chi Chuan, Taiji QiGong. She mentored the postgraduate course "Therapeutic Body Arts of TCM," offered by the Senac Faculty of Health Sciences (2005). She taught in the Department of Body Arts at the Institute of Arts of Unicamp (SP). She received the title of "Citizen of São Paulo" and the "Anchieta Medal," awarded by the São Paulo City Council (2004) for relevant services rendered to the community.

www.youtube.com/c/MariaLuciaLee

Percussion for Vitalidade

A therapeutic body practice from Traditional Chinese Medicine. Restores vigor and regulates the body by improving the circulation of energy (Qi) and blood. A Self-Percussion method developed by Professor Maria Lucia Lee, which integrates knowledge and sensory perception, encompassing all regions of the body, promoting and improving vitality.



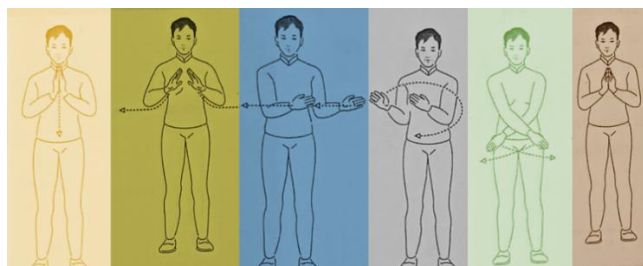
Eight silk brocades (Ba Duan Jin)

The Eight Silk Brocades is a very popular Qigong (vital breath training) practice in China. It is considered a classic traditional method in the field of Chinese martial arts. It was one of the first to be studied and updated by a group of professors from Beijing Sports University. This work resulted in a version that meets the current needs of modern man, while preserving the essence of the practice.



Scented training (Xianggong)

Xianggong is an ancient physical practice, based on Zen Buddhist traditions, that works to maintain life by "expelling negative energies" in order to then "nourish and rebuild."



Some Scientific studies

(source: Instituto Português de Taichi e QiGong)

ORIGINAL RESEARCH

Perceived Health Benefits of Taijiquan and Qigong

Jorge Magalhães Rodrigues, MSc; Lara Teixeira Lopes, MSc; Mário Gonçalves, MSc; Jorge Pereira Machado, PhD

ABSTRACT

Background • Taijiquan and qigong are traditional Chinese therapeutic disciplines with several health benefits and the ability to improve the quality of life of their practitioners. As traditional vegetative biofeedback therapies, they can activate functional vegetative changes in the body. These neurovegetative actions have been studied in the last few years to better explain the mechanisms through which these techniques of traditional Chinese medicine work.

Primary Study Objective • To support current research, it is important to further explore these neurovegetative actions according to contemporary Chinese medicine models to clarify the mechanisms of their working in light of conventional medical terms. This study aims to explore the health benefits that these practices may produce for practitioners.

Methods • 345 taijiquan and qigong practitioners were recruited for this study to assess the perceived health benefits of taijiquan and qigong. We conducted a survey to assist in this purpose.

Results • Taijiquan combined with qigong may be more beneficial than taijiquan alone. Additionally, these practices seem to produce notable benefits for anxiety, depression, and other emotional disturbances. They also seem to have positive results in addressing arthritis and pain in the back, shoulder, neck, and knees. In addition, taijiquan and qigong may have benefits in managing several digestive, neurological, cardiovascular, and respiratory diseases, and provide some assistance in the management of some oncologic conditions.

Conclusion • Breathing exercises, slow and controlled movement, self-massage, and directed thought are the therapeutic characteristics that allow this wide range of potential, perceived health benefits. More scientific studies are needed to confirm the mechanisms through which taijiquan and qigong may benefit health. However, it is suggested that these techniques may have an impact on health mainly via the modulation of the autonomic nervous system. (*Altern Ther Health Med*. [E-pub ahead of print.])

Contents lists available at ScienceDirect

Brain Behavior and Immunity Integrative

journal homepage: www.elsevier.com/locate/bsbi

Qigong for the mental health of teachers – A prospective randomized controlled trial

Mário Gonçalves^{a,b,c,1,2}, Renato Oliveira^{a,1}, Jorge Magalhães Rodrigues^{a,c,d,e,1,3}, Cristina Ventura^{d,e,4}, Jorge Machado^{a,c,d,5}, Henry Johannes Gretten^{b,1,5,6}

^aIRIAS - School of Medicine and Biomedical Sciences, University of Porto, Portugal
^bHendberg School of Chinese Medicine, Germany
^cCBIS - Center of Biosciences in Integrative Health, Portugal
^dHealth Level AHS - Adlonica Business School, Portugal
^eResearch Department in Complementary Medicine, Portuguese Institute of Taichi and Qigong, Portugal

ARTICLE INFO

Keywords:
mental health
teachers
Qigong
traditional medicine

ABSTRACT

The development of mental health care has changed greatly from ancient civilizations to the present day. Today, teachers' mental health and well-being are in a precarious state, and when lack of training is added, it becomes clear how difficult it is for teachers to provide adequate support to students. This can be exacerbated by specific contents and cultures in which teachers may feel uncomfortable seeking help. The lack of support for teachers can lead to the development of long-term mental health problems, with negative personal, professional, and social consequences. Because teacher well-being directly impacts student well-being, achievement, and success, it is crucial to promote teachers' mental health. Qigong may be considered a patient-guided psychophysiological feedback technique that enables subjects to learn and control bodily functions and processes. The present study aimed to investigate the potential impact of Qigong on teachers' anxiety, depression, and stress levels, and to explore the feasibility of integrating it into the school context. Eighty-four participants were recruited and randomly divided into two groups. The experimental group received the Qigong intervention and the control group received a placebo intervention, both for 4 weeks. The outcomes were anxiety, depression and stress levels and were assessed using various scales and complementary physiological parameters. Regarding anxiety, the experimental group showed significant improvements in all outcome measures, while the placebo group showed similar scores in the pre- and post-measurements. The post-intervention results even showed a significant difference between the two groups in terms of state anxiety. In terms of depression and stress, the results suggest that Qigong can significantly improve symptoms. The placebo group showed no significant changes. However, no significant differences were found between the groups in the final assessment. The results of this study suggest that Qigong can help improve teachers' mental health and can be implemented in schools.

ORIGINAL RESEARCH

Assessment of Qigong Effects on Anxiety of High-school Students: A Randomized Controlled Trial

Jorge Magalhães Rodrigues, BS; Luís Carlos Matos, MS; Nuno Francisco, PhD; António Dias, João Azevedo, Jorge Machado, PhD

ABSTRACT

Context • Students are vulnerable to developing anxiety, a psychiatric disorder closely related to emotional stress, when systematically stressed by classes, homework, and evaluations. Qigong integrates physical, respiratory, and mental exercises, inducing vegetative biofeedback with significant effects on physiological regulation.

Objective • The current study aimed to assess the potential effects of specific Qigong exercises on students' anxiety levels and evaluate the feasibility of practical integration in a daily school context.

Design • The research team developed a randomized controlled trial.

Setting • This study was performed in Cedros and Horizonte private schools located in Vila Nova de Gaia in Portugal.

Participants • Participants were 104 high-school students at the schools.

Intervention • Participants were randomly divided into three groups: (1) an intervention group, the Qigong (QG) group (n = 34), which performed Qigong exercises; (2) a control group, the TV documentary (TVD) group (n = 34), which watched a TV documentary; and (3) a second control group, the typical school duties (TSD) group (n = 36), which performed regular school duties.

Outcome Measures • Anxiety levels were assessed through a psychological test, the State-Trait Anxiety Inventory (STAI) and salivary cortisol tests.

Results • Psychological and biochemical variables assessed at baseline and postintervention showed a greater decrease in anxiety levels in the QG group than in the other two groups.

Conclusions • Qigong seems to be an efficient tool to reduce anxiety and control the stress of high-school students. (*Adv Mind Body Med*. 2020;35(3):10-19.)