

Get Healthier with ~ Beauty Shaolin Temple Qigong~

On Sat 11/25, the Culture Committee conducted “Get Healthier with Beauty Shaolin Temple Qigong” at Sky Plaza East on the 5th floor of Kokusai High.

Beauty Shaolin Temple Qigong has 1,500 years of history and originated in Song Shan, China. It is practiced to align your body and mind, is easy to learn, and you can feel immediate affects.

Misumi Morishima, along with two assistants, took us through the lesson. There were 43 participants from K.H.S. PTA, of which 42 were female and 1 was male.

◇ Let's start!

Firstly, Ms. Morishima says, “Everyone will look 10 years younger when we finish, so please take photos now!”, so we did. There were those who took selfies and those who took some group pictures.



◇ Active Qigong – Use your body

The first 45 minutes were spent with active Qigong. We started off moving our shoulders to loosen the scapula. They were not strenuous moves, so everyone followed the teacher well, even though she was clear

that we didn't have to push ourselves if it was hard on our backs or knees.

Once you understand the moves, the next step would be “breathing”. We followed her command of, “Breathe in, breathe out.”

As we acquired some rhythm, we moved with the “image” of taking in a good breath, and letting out a bad breath.



~ 10 minutes break ~

◇ Static Qigong ... Move while sitting on a chair, and meditation.



We spent the last 35 min practicing static Qigong. We moved our upper body while sitting on a chair. During the meditation, we had a time of rest and relaxation with teacher's guidance. There were a few who were falling asleep during this time...

You can pool your energy if you rub your hands together, so we used that energy to massage ourselves, hoping to meet our own self -now 10 years younger.

At last, we shouted, "Haa!" as we exhaled all our stress and ended the class.





Group photo with “Haaa!”

◇ Impressions from the participants

- I was able to relax and it felt very good.
- Used my entire body, which I’m not doing on daily basis. I will try this at home as well.
- My body gets tight in winter, but this warmed me up, and I felt refreshed.
- I had no idea about Qigong, but it was a lot of fun.
- I wish this were a regular monthly lesson at school.

◇ After the event

Even though this was the first time for most participants to try Qigong, we were able to refresh our mind and body, and it was a quick 90 min.

At last, we would like to thank Ms. Morishima and her assistants, as well as Ms. Kaneko, who was in charge of the Culture Committee, and to all who participated, for making this event successful.

Culture Committee