



THE QI GONG - THE FIVE SEASONS

Qi Gong or Chi kung is a holistic system of coordinated body postures and fluid movements. It requires conscious deep and rhythmic breathing, calm state of mind, concentration.

Known as a discipline with roots in the Tradicional Chinese Medicine and even previous (shaman traditions), this practice cultivate life energy: it has the power to strenghten body and mind, neutralize the dangerous effects of stress due to toxic emotions and bad nutrition attitudes and excesses, makes easier a quick discharge of body and psychic toxins.

A constant practice of this 'discipline' can enhance a better quality of human life, expecially if we do it in a parc or surrounded by nature. We are made of the same elements thas form macrocosm: any element is connected with a season, a vital organ, an emocion and an attitude quality, so that we can adapt our practice to the changing of seasons in order to stimulate the part of the body that can benefit more of specific movements and postures in a particular period of the year.

"There, where 'Chi' lies, life blossoms, health flourishes, bringing prosperity like water to nature"



Margarita island in Budapest - Japanese garden

Qi gong teacher, formed by
'Istituto Health Qi Gong -
Barcelona'

and International Health Qi Gong
Federation I, II, III Duan Diploma
Shiatsu Therapist - diploma
Accademia Shiatsu Do - Milan
Dien Chan Facial Therapist -
Reflexology System by Prof Bui
Quoc Chau

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氣功



QI GONG
CHINESE HEALTH
THECNIQUE

SPRING ELEMENT WOOD (木)

Organ: liver, gall-bladder
Emotion: anger, frustration
Attitude quality: creativity



SUMMER ELEMENT FIRE (火)

Organ: heart, small intestine
Emotion: excitement, euphoria
Attitude quality: true joy



LATE SUMMER ELEMENT EARTH (土)

Organ: Spleen/pancreas/stomach
Emotion: rumination, worry
Attitude quality: trust, positive thought



AUTOMN ELEMENT METAL (金)

Organ: lungs, large intestine
Emotion: sadness, melancholy
Attitude quality: self confidence and respect



WINTER ELEMENT WATER (水)

Organ: kidneys, bladder
Emotion: fear, anxiety
Attitude quality: strong will, consistency, perseverance



- ❖ groups or individual lessons
(flexible timetable suitable to different requests)
- ❖ workshops during week ends, saturdays afternoons and on full moon days in countryside locations

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