

My Qigong Book

(pronounced “chee-gong”)



Some things parents
and children call
Qigong:

- “Qi”
- “Pat-pats”
- “Massage”
- “Rubs”
- “Up, up, up”

Qigong Sensory Training Institute

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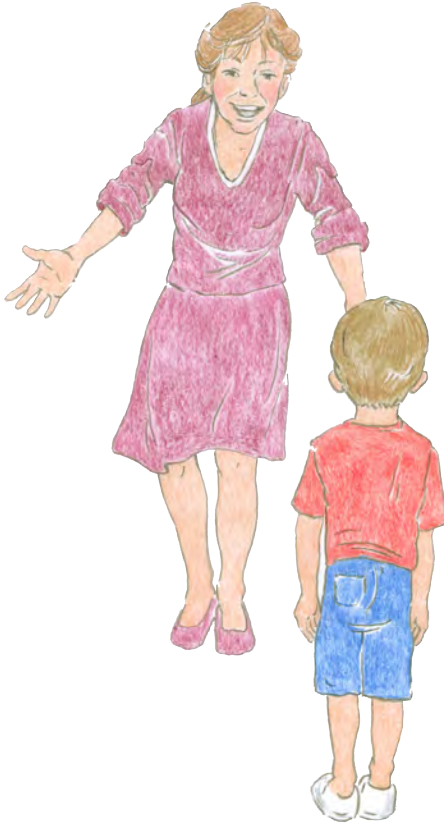
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This book is dedicated to all the special children, and all the families who love and take care of them.

In this book, Qigong is given by a mother to her son, but very often the dads are the main ones to give Qigong, and of course, there are many daughters who receive it.

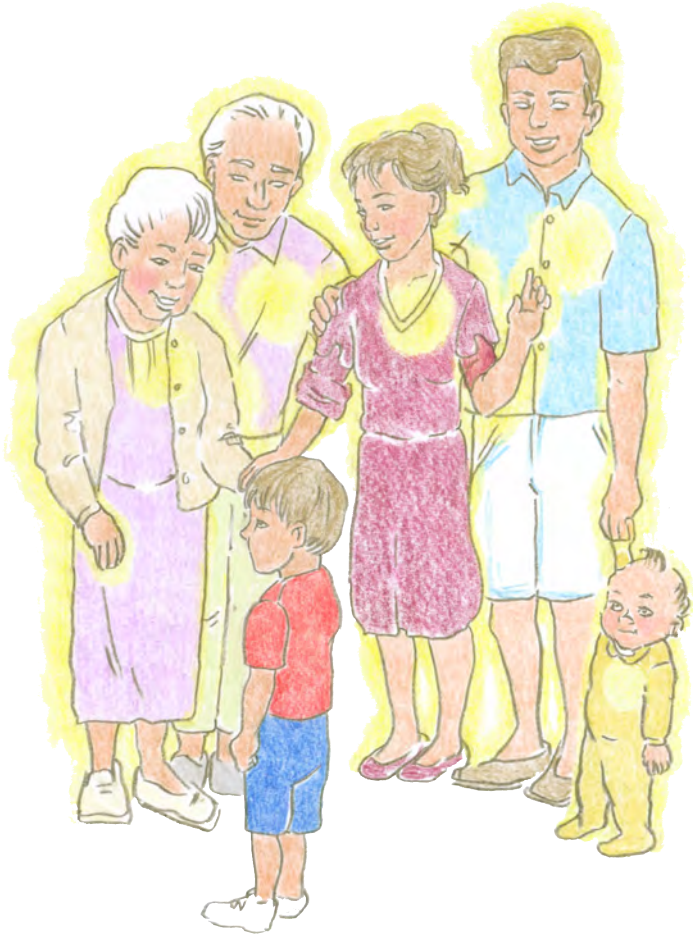
My family loves me





We use our eyes and our
hearts and our hands to
connect

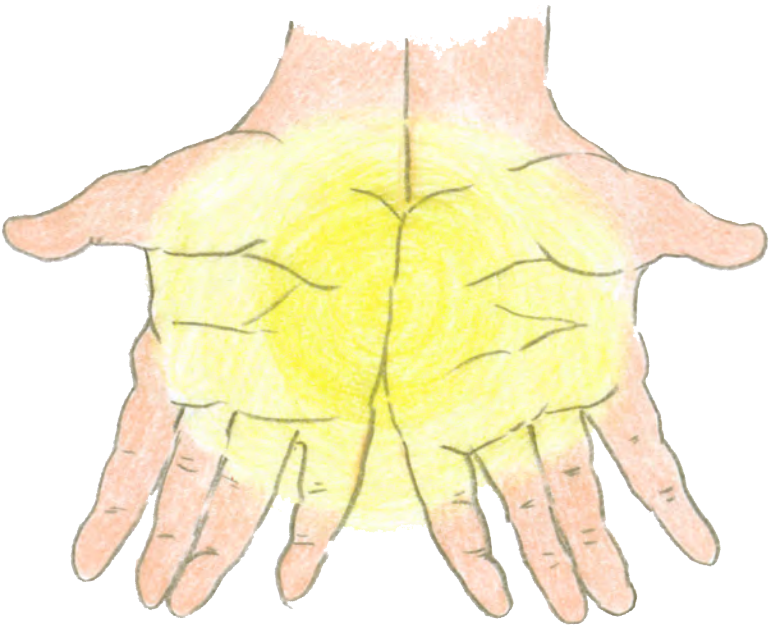
My family is connected
to me.

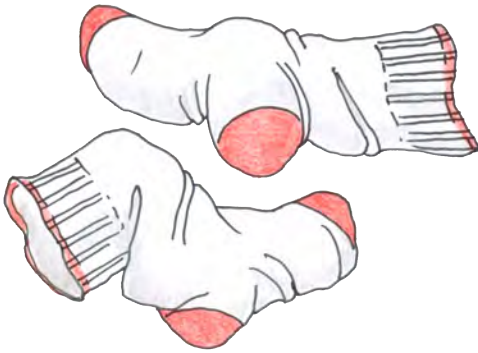
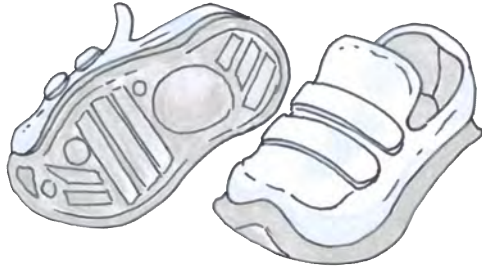




Qigong will help me
connect with my family
too

My mommy gives me
Qigong. She gets
her Qigong hands ready.





I get ready for Qigong. I
take off my shoes and
socks.

I lie down
on a soft blanket

