

5-Animal Qigong Masterclass

**Rewilding Your
Sacred Self with
5-Animal Qigong
for Vitality, Joy,
Empowerment &
Confidence**





Tiger ~ Traditional Chinese Medicine (TCM)

- Yin Organ: Liver
- Yang Organ: Gall Bladder
- Element: Wood
- Sense Organ: Eyes (The eyes of the tiger are sharp and focused)
- Tissues Governed: Sinews & Tendons
- Emotion (Negative): Anger
- Emotion (Positive): Focused Intent



Deer -TCM

- Yin Organ: Kidneys
- Yang Organ: Bladder
- Element: Water
- Sense Organ: Ears
- Tissues Governed: Bones + Joints
- Emotion (Negative): Fear
- Emotion (Positive): Alert & Awareness



Bear ~ TCM

- Yin Organ: Spleen
- Yang Organ: Stomach
- Element: Earth
- Sense Organ: Mouth
- Tissues Governed: Flesh & Muscles
- Emotion (Negative): Worry, Anxiety
- Emotion (Positive): Clarity, Concentration



Monkey ~ TCM

- Yin Organ: Heart
- Yang Organ: Small Intestine
- Element: Fire
- Sense Organ: Tongue
- Tissues Governed: Blood & Vessels
- Emotion (Negative): Over-excitement, Nervousness
- Emotion (Positive): Joy, Calm, Love



Crane ~ TCM

- Yin Organ: Lungs
- Yang Organ: Large Intestine
- Element: Metal
- Sense Organ: Nose
- Tissues Governed: Skin & Body Hair
- Emotion (Negative): Sadness ~ can transform to
- Emotion (Positive): Release of Grief resulting in Inner Peace



Key Ways Animal Qigong Supports Your Health

1. Vitality
2. Joy
3. Empowerment
4. Clarity
5. Inner Peace



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