5-Animal Qigong Masterclass

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





Tiger ~ Traditional Chinese Medicine (TCM)

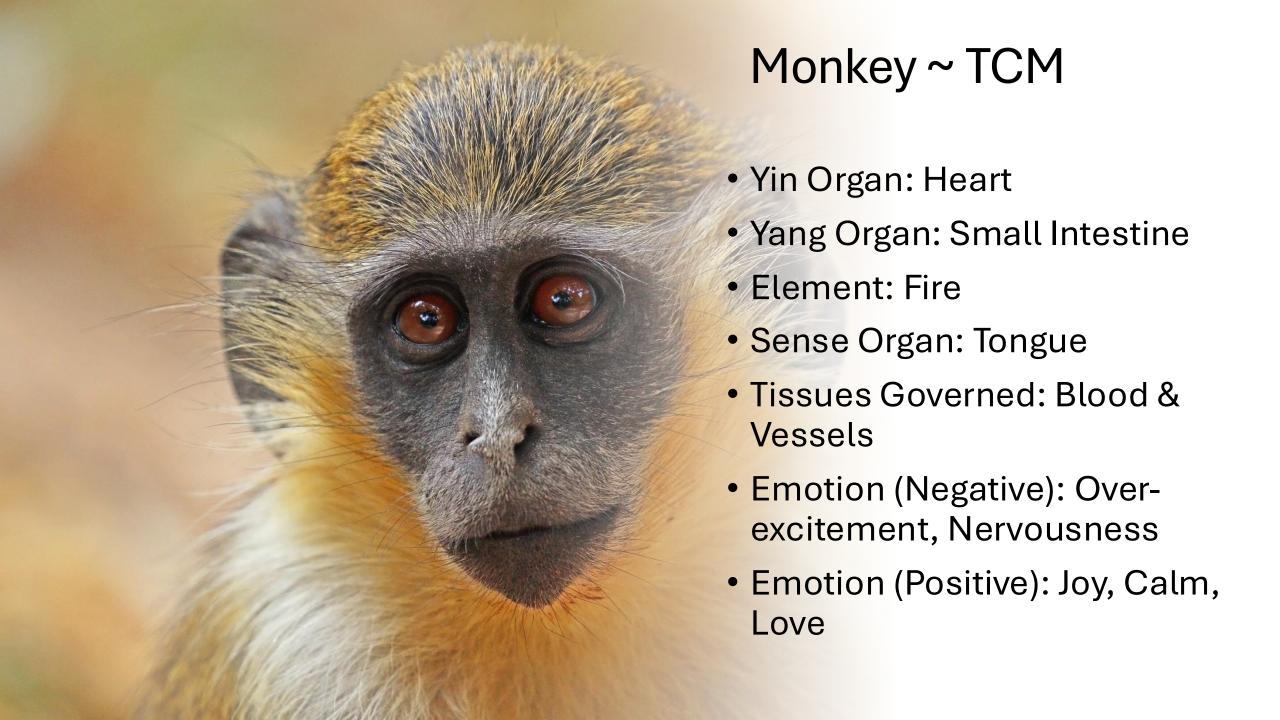
- Yin Organ: Liver
- Yang Organ: Gall Bladder
- Element: Wood
- Sense Organ: Eyes (The eyes of the tiger are sharp and focused)
- Tissues Governed: Sinews
 & Tendons
- Emotion (Negative): Anger
- Emotion (Positive):
 Focused Intent





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





Crane ~ TCM

- Yin Organ: Lungs
- Yang Organ: Large Intenstine
- 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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