

# What is Qigong, really?

**An invitation to slow down, to feel, and to reconnect.**



A photograph of a dense forest with sunlight streaming through the trees, creating a bright starburst effect in the center. The text "Everything begins with energy" is overlaid on the left side of the image in a large, white, sans-serif font.

**Everything  
begins  
with energy**

**Qigong teaches us to move like nature —  
with softness, rhythm and quiet strength.**

## **The essence of Qigong**

Qigong (pronounced chee-gong) literally means **the cultivation of life energy.**

It is an ancient Chinese practice that unites body, breath and mind to restore balance, vitality and clarity.

Instead of working harder, you learn to soften.  
Instead of doing more, you learn to feel more deeply.

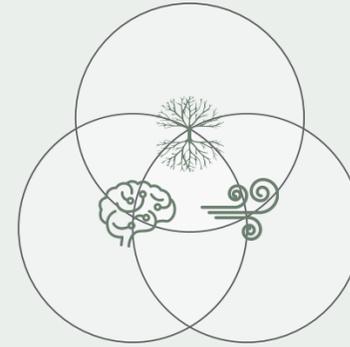
Qigong isn't a sequence of movements to memorise — **it's a way of moving, breathing and being present.**  
A way of living.

# The three pillars of Qigong



# The Three Regulations

Every Qigong practice — no matter how small or simple — is built on three fundamental principles, known as The Three Regulations.



## 1 Body Regulation (Tiao Shen)

Bringing your body into balance.

By softening into your posture — not too loose, not too rigid — you create space for energy to flow freely.

You learn to root into the Earth, rise toward the Heavens, and stand with ease and presence in the centre: Human (Ren).

## 2 Breath Regulation (Tiao Xi)

Your breath as the bridge. Breath is movement, connection, the flow of life itself.

In Qigong, we use the breath to calm the body and regulate the nervous system — shifting from survival to living.

Each breath is an invitation to sink deeper into stillness and awareness.

## 3 Mind Regulation (Tiao Xin)

Bringing your awareness into the here and now. Being where your feet are.

Qi follows your gentle awareness (yi) — not through effort, but by simply being present and curious about what you feel. When your attention settles inside your body, the mind naturally begins to quieten. Space, clarity and flow appear on their own. And when body, breath and mind move as one, you return to that natural state of vitality and ease — the place where energy flows freely.

# Between heaven and earth



**Between Heaven and Earth,  
the human stands as the bridge  
— grounded in stillness,  
open to the infinite.**

## **Heaven. Earth. Human.**

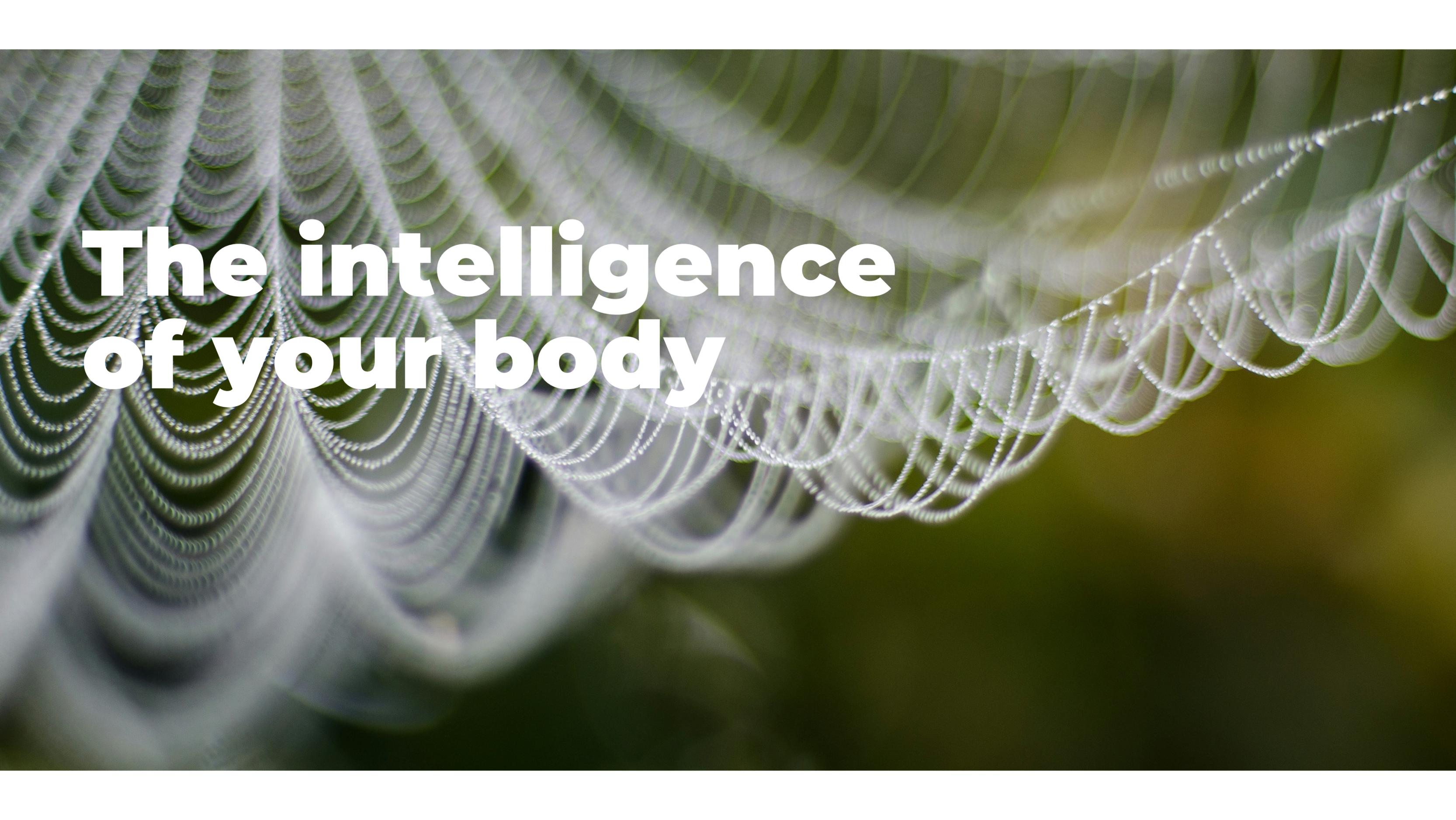
In Chinese philosophy, the human being (Ren) is seen as the bridge between Heaven and Earth.

Qigong helps you restore that connection — so that you not only feel grounded, but also guided by something greater.

You begin to feel more centred, more balanced — and deeply connected to life itself.

- **The Earth** offers stability, strength and nourishment.
- **Heaven** represents awareness, spaciousness and inspiration.
- And **you** are the meeting point — the channel through which these two forces flow into harmony.

When Heaven and Earth move through you, balance, clarity and natural strength arise. You become a conductor of life force — energy in motion, consciousness in form.

A close-up photograph of a bird's feathers, showing intricate patterns and textures. The feathers are layered and have a soft, downy appearance. The background is a smooth gradient from a light green on the left to a yellowish-green on the right. The text is overlaid on the left side of the image.

# **The intelligence of your body**

# The power of fascia & tensegrity

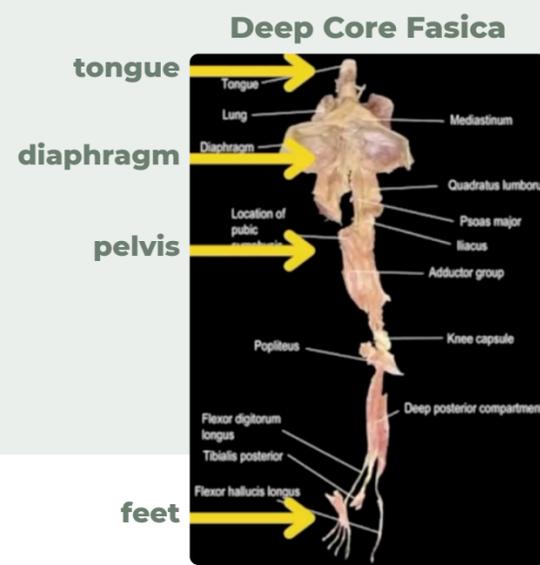
In modern anatomy, we would say that Qigong works through your fascia — the connective tissue that forms a living web throughout your entire body. It connects everything to everything: muscles, bones, organs and joints.

When you move softly, with aligned posture and conscious breath, you bring this tissue to life.

You literally create **space within your body** — space where tension can dissolve, energy can flow freely again, and healing can unfold.

That space allows for:

- a natural posture, without effort
- fluidity and resilience in your joints
- protection for your organs
- and an inner strength that doesn't depend on muscle power



In Qigong, we call this developing **tensegrity** — the living balance between tension and relaxation. Not rigid, not loose, but alive and responsive.

When you strengthen your tensegrity, your body quite literally “wakes up”: it begins to support itself. Your deep core fascia — the innermost network that keeps you upright — becomes stronger, more elastic and more intelligent.

The ancient Chinese say:

**“Where tension is held, Qi cannot flow.**

**And where Qi does not flow, illness begins.”**

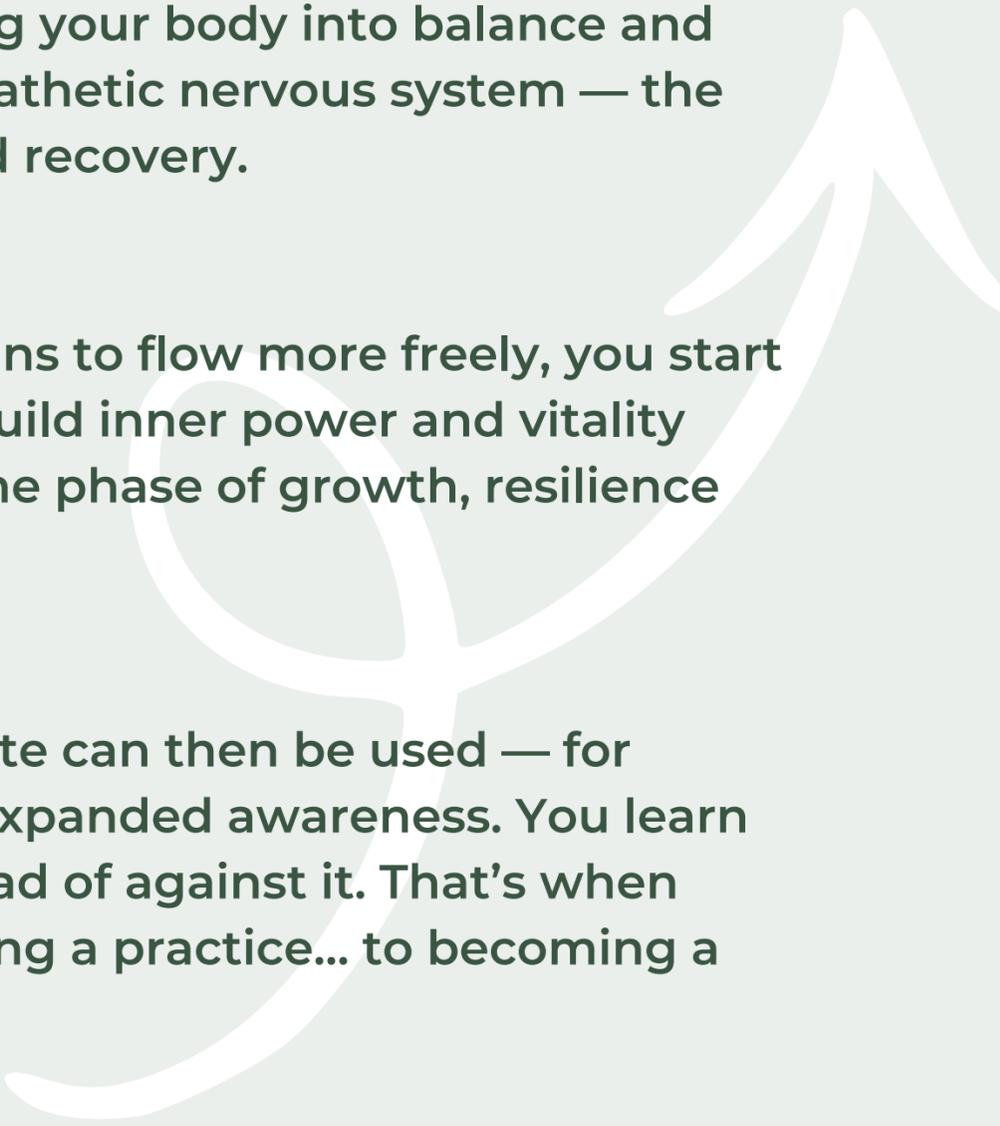
*Tension can be physical, mental, emotional or spiritual in nature.*

That's why Qigong is not about effort, but about relaxed awareness. You learn to move in a way that allows tension to transform into strength — and strength into flow — the natural state of health and harmony.

A person's silhouette is shown in profile, reaching out with their right hand towards a bright, glowing golden light. The light is composed of many small, shimmering particles, creating a sense of energy and transformation. The background is dark, making the golden light stand out prominently.

**From balance  
to transformation  
— where energy  
becomes wisdom**

# The three phases of Qigong



## 1 Qi Regulation

You learn to release tension, ground yourself and breathe. Here you bring your body into balance and activate the parasympathetic nervous system — the state of rest, repair and recovery.

## 2 Qi Cultivatiion

Once your energy begins to flow more freely, you start to strengthen it. You build inner power and vitality from within — this is the phase of growth, resilience and renewal.

## 3 Qi Transformation

The energy you cultivate can then be used — for clarity, creativity and expanded awareness. You learn to move with life instead of against it. That's when Qigong shifts from being a practice... to becoming a way of life.

## Why this matters

We live in a world that constantly asks for more.

More doing.  
More achieving.  
More holding on.

But true strength comes from within — from a body that knows how to breathe, a mind that knows how to rest, and a heart that dares to stay open.

**Qigong is a path back to that natural state of being.  
Calm. Grounded. Alive.**

**What to  
expect  
in my  
classes**



# **When you slow down enough to feel, your energy begins to flow**

In my classes, we gently build — step by step —

- inner strength through posture and breath
- softness in movement instead of effort
- deep relaxation and mental clarity
- an energised body that ages with grace
- and above all, a sense of connection — with yourself, with life, with something greater.

Whether you come for more calm, more energy, or more awareness — you'll soon notice that everything begins to shift the moment you learn to slow down.

**If this resonates,  
and you're ready to go a little deeper...**

**Discover The Qi Oasis — my online home for Qigong,  
stillness and inner growth. A gentle space to arrive, to  
deepen, and to let your Qi flow — together.**

**[More info at dominiqueboesten.nl](https://dominiqueboesten.nl)**

If something isn't clear or you'd simply like a little guidance, I'm here for you — just send me a note ([do@dominiqueboesten.nl](mailto:do@dominiqueboesten.nl)), I read everything myself with love.

Much love & Qi,  
Dominique x

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