Here is a list of video resources for you to learn and practice qigong. Qigong is an ancient practice that combines breathing and movement to promote health, relaxation and reduce pain. When you practice qigong, only go so far as is comfortable; it should not hurt or cause you to strain. It is ok to modify if you need to. If you have questions, feel free to ask your provider.

**Mimi Kuo-Deemer**

These videos are very easy to follow with clear explanations. All of her videos can be found on her youtube channel. <https://www.youtube.com/c/MimiKuoDeemer/videos>

* **8 Pieces of Brocade**—18:33
  + 8 pieces of brocade is a traditional qigong form that has been used for centuries to reduce stress, increase flexibility, and help reduce pain.
* **5 Element Qigong**—12:27
  + 5 Element Qigong is used to harmonize different aspects of your body. When the body is harmonized, there is increased energy, alertness, and improved health. This form comprises 5 individual elemental sets called: wood, fire, earth, metal, and water. Each element can be practiced individually or collectively as a complete set.
  + **For Wood**—2:19
  + **For Fire**—2:14
  + **For Earth**—2:19
  + **For Metal**—2:05
  + **For Water**—3:23
* **Teacup Qigong**—2:21
  + Teacup Qigong is used to help reduce stress, increase focus, and keep the upper body flexible and limber.

**Lee Holden**

In this video, Lee Holden will demonstrate how to do a simple qigong form called Shaking Qigong. This form is intended to release stress and tension while at the same time be invigorating.

* **Shaking Qigong**—2:34 <https://www.youtube.com/watch?v=Xh0ZLeQNfrM>

**Anthony Korahais** (Registration Required-Free)

Anthony Korahais offers free instruction for Lifting the Sky Qigong. He is also offering a complete qigong course for free for those who would like to learn more about qigong.

* **Lifting the Sky Qigong**
  + https://academy.flowingzen.com/learn-the-best-qigong-exercise-ever
  + Video 1—9:19
  + Video 2—6:58
* **Free Online Qigong Course**—https://flowingzen.com/21150/learn-qigong-online-from-me-for-free-during-the-covid-19-crisis/