



Uplift Yourself Class Descriptions

At Uplift Yourself we offer a variety of classes available to students of all ages, backgrounds and expertise levels. We focus on teaching students safe and natural methods to relax the body, mind; and replenish your system with vital energy and balance. Our variety of classes can be found online on our website. All of our classes are instructed by extensively trained and certified teachers in Yuan Gong Qigong and/or Ren Xue practice. No specific dress code or equipment is necessary to attend our classes as long as you are comfortable.

Ren Xue – Thought Patterns practice offers an art and science to improve and elevate life. This inspirational system of teachings and practices provides us with tools that can help us to heal ourselves and our world community on the deepest level, the level of true life cultivation. Ren Xue offers us a path that can improve every aspect of life, including our health, our consciousness and our relationships with each other and with nature. This is necessary to deal with specific issues in our lives and to change our lives for the better.

Qigong – Moving Meditation practice focuses on activating and channeling the body's energy (Qi) system. Uplift Yourself offers this practice in 4 different methods. Each method has a specific outline in which it primarily focuses on. Please see the definitions below.

Beginner Class

Learn some basic tools to help build support your Qigong practice. Whether you are a brand new beginner to Qigong or have practiced before but are new to Yuan Gong, this class will help introduce you to our style of Qigong practice. You will learn some simple techniques as well as experience a calm and relaxing state by practicing some for yourself. There will be time for questions and information on how to get the most from a regular Qigong practice.

Method I & II – Gathering & Nourishing Energy

Take time out of your day to relax and replenish your Qi (energy). Enjoy simple, light movements that help release tension in the body, especially the shoulder and neck area, and help you gather more energy. Finish with a standing meditation that helps calm and focus the mind, relaxing and turning inward. This method works by using the consciousness to guide Qi with the help of physical movements in order to expand the internal Qi out and to draw in external Qi.

Method III – Bring it Deeper

Stretch, flex and breathe your way through a practice that offers strength, beauty, power and grace. We will move to open up the energy channels in the body, while strengthening our connection of our body and mind. Leave feeling energized and in-the-flow. This practice can activate and promote the flow of channel Qi in the body. Qi and blood will flow more smoothly and harmoniously, which will not only make us feel refreshed and light but also improve our health. It can also strengthen the physical structures such as the skin, muscle, tendons and extremities.

Method III Skills

This class is a great opportunity to learn Method III as well as refine your ongoing practice. Each class will be a review of one section that allows time and space to learn or review the physical movements and connect with ways to calm the mind. For beginners, you will build on each section so you feel more confident and comfortable doing the practice in group classes or on your own. For those who have been doing Method III for some time, you can use this time for form correction and learning various tips to help gain more benefits from the practice. Feel free to come with questions!

Method IV – Strengthen Organs

Our organ systems are part of our foundation for health. Whether you have a specific condition you would like to improve or clear, or you are looking for organ health maintenance, this practice is a way to access the health of the organs through simple movements, hand postures, sounds and visualizations. Sustained practice of this method can benefit health and lift it to a higher than average level.

Still Meditation

At the end of an active practice it is beneficial to sit and experience some still meditation practice with little to no movement. Enjoy nourishing a healthy and relaxing state after the full method practice to help solidify and ground yourself before heading back into your normal daily life. Even if you don't have time to attend the regular class, stop in for the 15-30 minute sessions to help settle yourself and recharge.