

Penyembuhan penyakit melalui Qi Gong = Healing process trough Qi Gong

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Abstrak

[ABSTRAK
 Qigong mempunyai asal-usul dan perkembangan yang panjang di daratan Cina karena

Qigong mempunyai manfaat bagi rakyat Cina khususnya dalam bidang kesehatan.

Tidak hanya di Cina, masyarakat dari berbagai belahan dunia saat ini banyak yang menjadi praktisi Qigong untuk menjaga atau meningkatkan kondisi kesehatan dengan cara mengintegrasikan sikap tubuh, teknik pernapasan dan pemfokusan pikiran.

Makalah ini membahas mengenai asal mula Qi Gong, teori yang terkandung dalam Qi Gong, serta proses penyembuhan penyakit melalui Qi Gong. Tujuan penulisan ini adalah untuk mengetahui manfaat pelatihan Qigong dalam bidang kesehatan yang

bisa dipraktekkan oleh seluruh masyarakat di dunia.ABSTRACT Qigong has a long history and development in mainland China because Qigong has a

lot benefits to China people especially in the health field. Not only in China, a lot of people from various countries currently becoming the practitioners of Qigong to maintain or improve health conditions by integrating posture, breathing techniques and focusing the mind. The writing of this journal will discuss about the history of Qi

Gong, the theories inside Qi Gong and healing process through Qi Gong. The purpose of writing this journal is to know the benefit of Qigong training in the field of health that can be practiced by the entire people in the world., Qigong has a long history and development in

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