

The Communi-Qi

GETTING STARTED

Suggestions for New Members





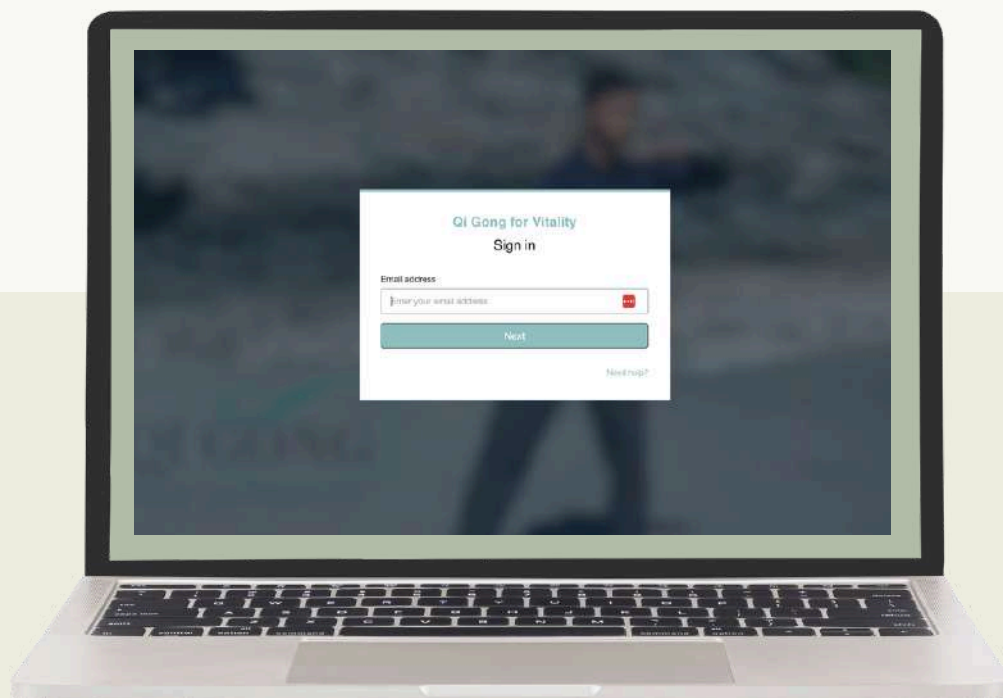
Hello and Welcome!

Jeff here, I just want to say thank you so much for becoming a member of the Membership Communi-Qi! You are going to feel amazing!! Now that you're a member, you have access to ALL the Qigong routines! Once you have entered the membership site, it will remember you and you can log in automatically.

The link to the membership site is:

<https://qigongforvitality.vhx.tv/login>

You can also access the membership site by clicking on the **“Member’s Area”** tab on the www.QiGongforVitality.com website.



Your First 3 Days:

Familiarize yourself with the Qigong for Vitality Membership site (also called the “Communi-Qi”)

Say Hello in the ‘Forums’ Section:

FORUMS SECTION

This is where you can introduce yourself and ask questions. It can be accessed on the website via a browser, but not in the Apps. The Apps show comments under videos, but not the main ‘Forums’ section)



Start with the ‘Beginner Lesson’ Series:

BEGINNER LESSON

Make sure to read the notes under the first ‘Beginner Lesson’ video for guidelines, suggestions and tips. The Beginner Lesson series starts with an introduction to the history of Qigong, a video on how to choose routines, and then a lesson where you will learn how to do the "Spring Routine" which is a wonderful simple practice to start with, and yes, you can do it in other seasons as well!



There will be instructions on how to do EACH of the exercises in the Spring Routine, then you will finish by practicing the full Spring routine!

Your Next 10 to 15 Days:

Practice the Spring Routine:

SPRING ROUTINE

Practice the spring routine everyday for about 10 days, and as you master the sequence, notice how you feel over time. You may notice an increase in energy, strength and a feeling of calm. (It can be practiced in any season and is a good starting point)



Practice Jeff's Original Classic-18 Routine:

CLASSIC-18 ROUTINE

A tried and true routine that benefits all aspects of the body promoting a state of wellness and calm. You can learn all the movements of the routine by watching the [Classic 18 Mini-Series](#).

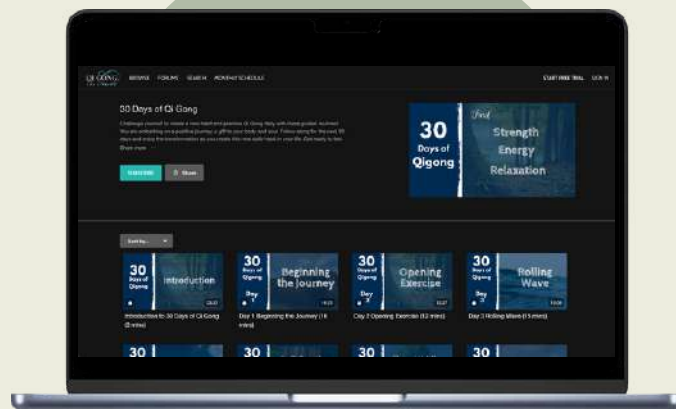


Your Next 30 Days:

Start the 30 Days of Qi Gong Series:

30 DAYS OF QI GONG

It will take you on a journey that starts with the foundation and basics, then progress deeper with each passing day.



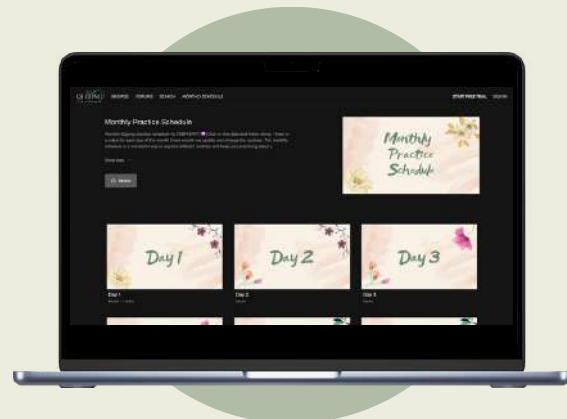
Your Next 100 Days:

Start exploring the content. There is A LOT to keep you learning and discovering!

Monthly Practice Schedule:

MONTHLY PRACTICE SCHEDULE

For those who like structure, every month I create a new 'Monthly Practice Schedule.' Just click on the day of the month and follow along. It's a great way to stay engaged and create a daily habit.



Monthly Live Qi Chat:

For those who want to engage and connect, every month I host a "live" Qi Chat for members only! It's held via zoom on the first Saturday of the month. An email reminder will go out a couple days before. I'd love to 'see' you there! 😊 All Qi Chats are recorded, so if you can't make it "live," you can always watch the recording which will be posted within a couple days.

Full Body Flow Series:

FULL BODY FLOW SERIES

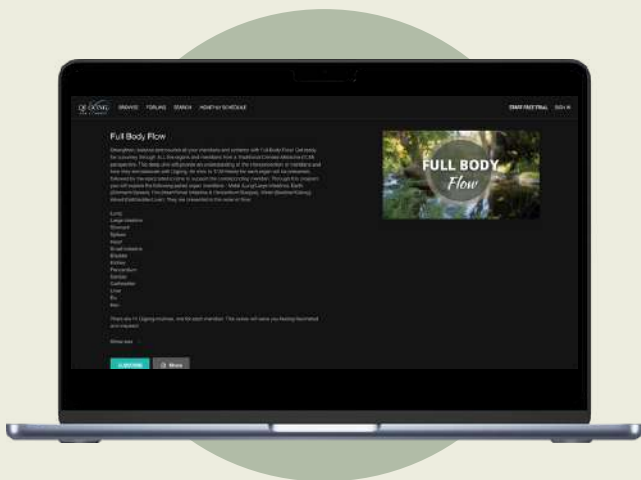
For those who are very keen to learn A LOT about Traditional Chinese Medicine, Five Elements and the meridians, this series is for you! It will keep you busy for a long time! It includes a theoretical presentation, as well as a separate routine for each of the 14 meridians discussed.

Mini-Series:

There are several mini series to learn classic routines such as Five Animal, 8 Pieces of Silk Brocade and others.

Theory:

Try exploring the Qi Chats, the Universi-Qi, the Om-work section, or the Exploring Concepts of Qigong and TCM section.



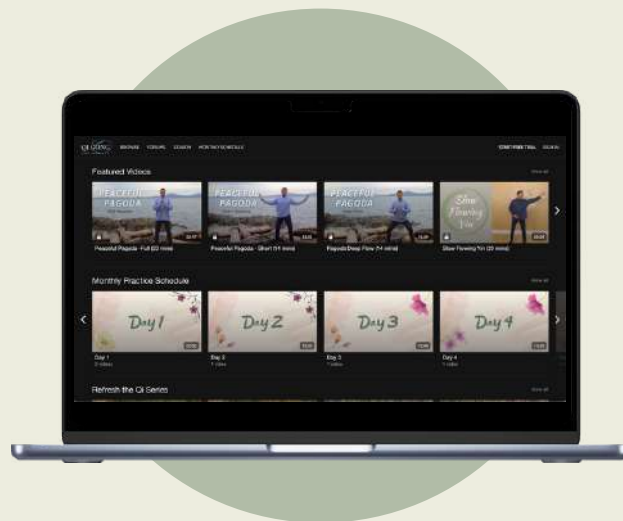
Tips for Navigating the Site

How to Browse:

There are many routines to practice. All the videos can be found by clicking "Browse" on the top left of the page:

[BROWSE THE VIDEOS](#)

Have a look around, read the descriptions and give them a try. Feel free to leave a comment under the videos and let me know what you like and what you would like to see more of!



How to Search:

If you have a question or are looking for a specific topic, enter the keyword in the "Search" section at the very top and it will show related content.

Practice Tip:

Keep a journal and take note of how you feel before you start a routine, and then again after doing it regularly for a period of time. Things to notice are your general energy throughout the day, your ability to handle stress, your quality of sleep, your balance, pain levels, flexibility and clarity of mind.

Technical Info:

"Frequently Asked Questions" and solutions for common technology issues.

[FREQUENTLY ASKED QUESTIONS](#)

If you run into any technical difficulties, please contact the technical support team:

[CONTACT TECHNICAL SUPPORT](#)

Profile and Forum Notification Settings

To change forum notification settings (i.e. email notices when comments are made), or change/cancel your membership, read this thread:

[NOTIFICATION SETTINGS INSTRUCTIONS](#)

Please make the most of your membership and enjoy the journey ahead!
Remember the biggest secret to Qi Gong is.....(drum roll)....practice! Yep, that's it – regular practice will have the biggest impact on your health and wellness! 😊

Feel free to follow Qigong for Vitality on [Facebook](#) if you like!
Thank you for being here. Enjoy the journey! 😊

~Jeff



Administrative Details & Fine Print:

Please Note: When your 7 day free trial ends your account will be charged \$21.99 (USD). This is a monthly recurring charge, or the annual fee if you choose the 'yearly' option. I hope you love your membership but if you decide Qigong for Vitality is not for you, please cancel before your trial expires to avoid any charges.

This site provides general information and discussion about Qigong, wellness, Traditional Chinese Medicine (TCM) and related subjects. Qigong includes physical movements for stress reduction and relief of muscular tension.

****Terms and Conditions:** By accessing this site you agree to the following: The content provided is not intended as medical advice and should not be used as a substitute for professional diagnosis and treatment. As is the case with any physical activity, the risk of injury is always present and cannot be entirely eliminated. You assume full responsibility for any injury as a result of participation. Always consult your physician or primary health care provider before making any healthcare decisions or for guidance about a specific medical condition. If you have a medical condition consult your doctor before starting Qigong or any other new exercise routine.

We want you to feel comfortable. Always listen to your body and move at your own pace and comfort level.