



What is Qi?

- In the first translation in the Chinese language Qi means air. In the language of Feng Shui, Qi has the same meaning as energy.
- Yoga, Tai Chi, Qi Gong and meditation are all forms of absorption of Qi, absorption of oxygen and thus life energy for the body.
- Qi is present in beneficial but also repressive forms in our environment, i.e. in living and workplaces
- Feng Shui enables transparency of the energy flow by means of metaphysical formulae

