

# PROJECT BREATHING WITH NATURE – SLOVENIA

Facilitated by **Andraz Purger & Mauro Lugano**, co-financed by the **Slovenian Ministry of Health**

**Method** - Short sequence that uses wide and slow movements, most of them inspired by:

- TaijiBall, QiCore, Body&Mind, Strengthening Lungs methods
- All combined with: mental concentration, breathing exercises and self-massage

**Purpose:**

Enhance the practitioner's connection with the Qi of nature, in accordance with the concept of health as the harmonious relationship between the individual with all the dimensions of itself (physical, emotional and mental aspects), its peers, and the surroundings.

**Structure:**

- 10 to 20 min. moderate walk into the nearest forest
- Individual exploration of the perception of senses in nature for 5 min. in silence
- Zhineng Qigong practice for about 30 to 45 min.
- Again, exploration in silence for 5 min. - recognizing changes in sense perception
- Exchange of experiences and clearing doubts

**1** Facilitated by 2 Zhineng Qigong teachers who prepared 19 more teachers



**Finance** **2**



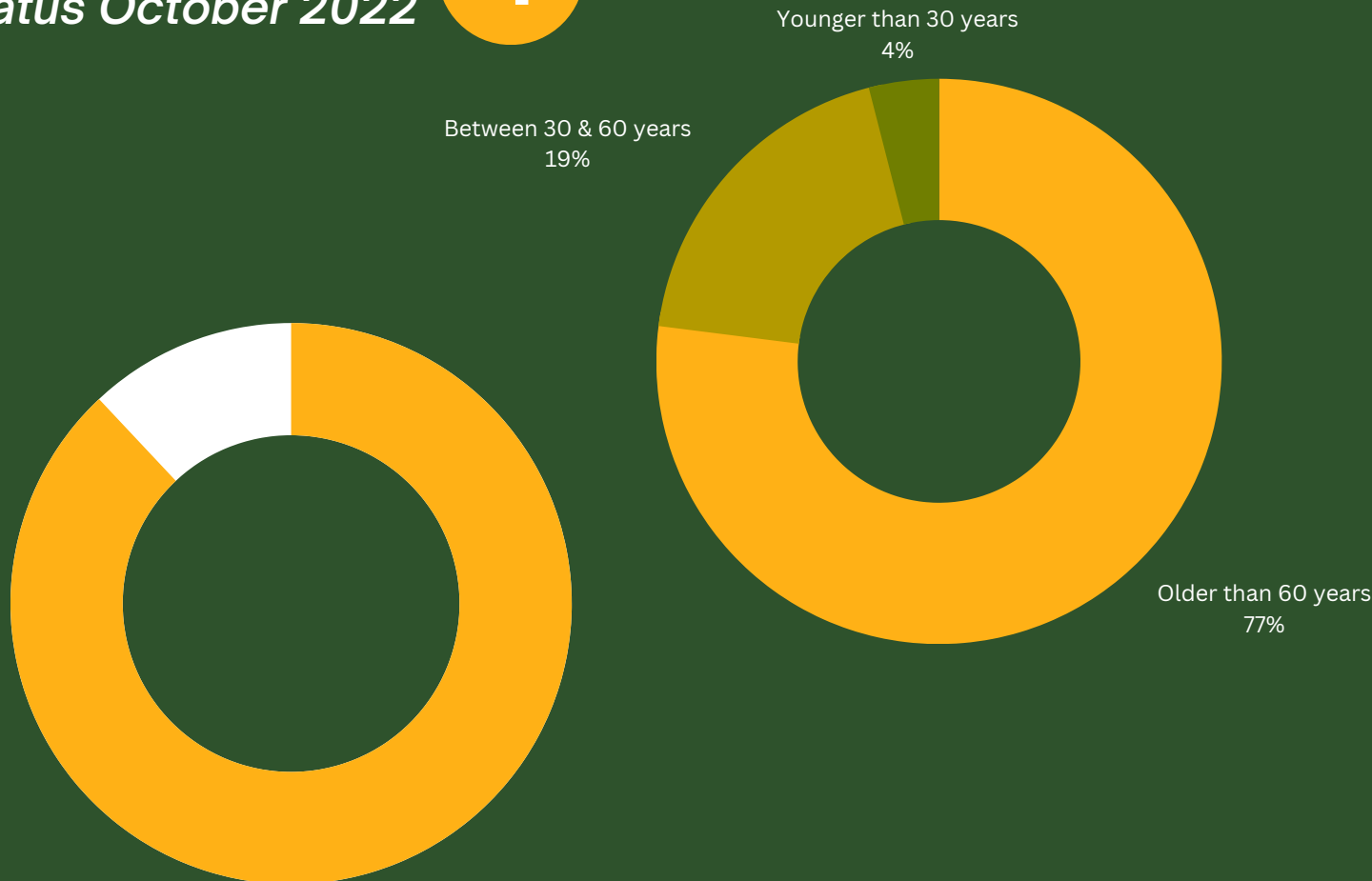
Mainly financed by the Ministry of Health Slovenia (€37.530,- in 2021 & 2022) & co-financed by School of Health (€9380,-)

**3** Total Amount of Sessions and Participants in 2021 & 2022

- 615 exercises
- Total attendance at training sessions: 4066 people
- Average number of participants: 7

**Age & Gender Status October 2022**

**4**



88% female and 12% male

**Success** **5**

94% feel always or many times better after exercise



93% feel more relaxed and more self-aware than before exercise



**Other statements:**

- “I sleep better after exercising Breathing with nature.”
- “I feel better after activity and my family notices it to.”
- “I recommend this to all generations.”