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Sent: March 16, 2020 2:04 PM

Subject: QiGong Cancelled

Hello Everyone,

I realize there is a lot of concern & fear surrounding the outbreak of Covid19 and many activities are being cancelled daily. I am writing to bring you up to date with classes. As many of you are aware, I teach at various locations & I heard back today from the last Centre....all have confirmed they will be closing until further notice. I have decided for the well being of our group & extended families, to close my studio & will keep in touch as when classes will start up again.

It's difficult not to be overcome with emotions with all that we are hearing on the News and seeing on social media...this is the time to remember the support networks we share with one another, the power of our QiGong~ Yoga~ Tai Chi practices for self healing & especially our deep breathing to help keep us centered & calm.....How fortunate we are to live in Community's with such amazing air quality! Make sure you spend lots of time outside in nature....if you have a fur baby, they will love you for it!

I, as well as each one of you, belong to a larger community known as Zen Wellness & it is through this network, where I receive the powerful teachings of QiGong. The following is a message I received from my Master teacher Sara Anderson & would like to share with you.

During this time of concern regarding the Coronavirus transmission (COVID-19), We wanted to take time to assure all of you that Zen Wellness is taking it seriously. We urge you to **choose calm** over chaos. So rather than dropping into a state of panic and reaction, it is time for reflection. In the traditions of yoga and qigong, the ancient sages began handing down methods to maintain wellness along the ups and downs of life and the environment.

These wellness methods not only include current suggested hygiene, such as washing hands thoroughly and not touching your face, but go much further, such as trying to remain balanced, healthy and in a state of **calm** verse one of fear.

When your system (hypothalamus) shifts into fight or flight (fear) mode, the stress hormones cause the blood to preferentially move from the viscera (internal organs) to the feet and hands so you can run and fight. The viscera is responsible for growth, health, and maintenance. When the blood vacates the internal organs, they are left open and susceptible to pathogens as the immune system shuts down. Our body responds the same to real issues as it does to perceived fears like potentially contracting an illness. So if you are not managing your mind and are looping thoughts of fear, you are injecting the stress hormone cortisol into your body and leaving yourself quite vulnerable to disease.

When you keep **calm**, the blood remains in the viscera, and the immune system stays up and running. Managing the mind and stress is one of the most important practices you can do to maintain good health. Keeping **calm** is just one part of the equation, keeping the body and lymphatic system moving in sync with deep breathing patterns are the other essential components.

With what the CDC knows about the virus today, it is spread mainly from person-to-person through respiratory droplets and inhaled into the lungs. There are everyday actions you can take to stay healthy including:

Cover the nose and mouth with a tissue when coughing or sneezing.

Throw the tissue in the trash immediately after being used.

Wash hands more often with soap and warm water, especially after coughing or sneezing.

Avoid touching eyes, nose, or mouth. If you are ill or showing symptoms (cold, flu or virus), remain at home.

You may also include some Taoist and Yogic suggestions to **maintain your immune system** such as: manage stress, deep breathing techniques, sun bathe, eat minimally processed plant-based foods (including garlic and sea salt if you are able), reduce fructose, and increase acidic items such as apple cider vinegar in moderation. You could take it a step further (as our Grand Masters suggest) and use a neti pot with a pinch of sea salt. Rinse the mouth with colloidal silver. And continue your qigong practice for the heart and pericardium to remain relaxed and in good working order.

This event is a reminder to widen our eyes and see how we can live each day in **better harmony** with the rhythm of nature and health through self-care and prevention techniques. All too often, we wait for things to get to a state of significant imbalance before we take action. Be the change you wish to see in the world. Together we can maintain the focus on **health and well-being** and live each day to its fullest potential!

In good health,

The staff at Zen Wellness

Wishing you all much health & please feel free to reach out if I can be of support in any way



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“Natural forces within us are the true healers of disease.”

— [Hippocrates](#)