



Liangong: Healing Exercises for Better Health

By Wen-Mei Yu

Unique Publications. Paperback / softback. Book Condition: new. BRAND NEW, Liangong: Healing Exercises for Better Health, Wen-Mei Yu, Master Wen Mei Yu always knew about the healing effects of Liangong, but it took a car accident to show her just how powerful it could be. When other methods failed, Liangong worked wonders on an ailing back and neck that caused constant pain. Amazed with the results, Master Yu began exploring the many benefits of this modern health exercise which was developed from ancient medical movement techniques from China's past. An International Champion in China, Master Yu has broken down the Liangong system into two parts: Series One systematically works down the body from head to toe as it strengthens, stretches, and increases the range of motion of specific areas; Series Two works the whole body while focusing on joints, tendons, or internal organs. And best of all, the exercises can be performed in the comfort of your home or office in as little as 20 minutes.



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