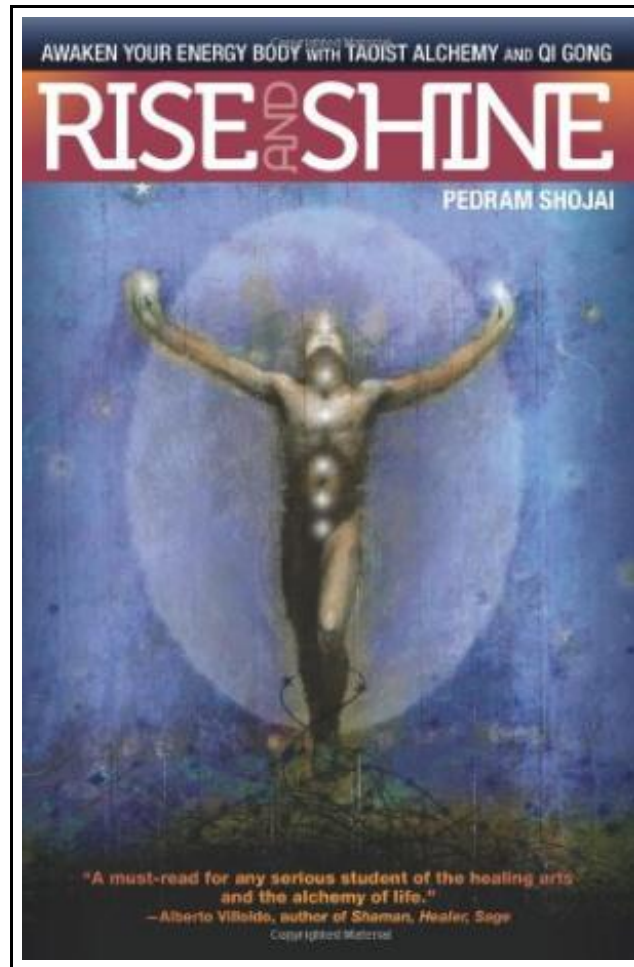


Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong



Filesize: 3.06 MB

Reviews

It is one of the most popular pdf. It really is full of knowledge and wisdom. It has been developed in an exceptionally easy way and it is just right after I finished reading through this publication by which it really altered me, altered the way in my opinion.

(Dr. Alexa Rogahn)

RISE AND SHINE: AWAKEN YOUR ENERGY BODY WITH TAOIST ALCHEMY AND QI GONG

DOWNLOAD



Process Media, United States, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Pedram Shojai is the master teacher and guide for movement, awareness, and exploration of the harmony of energy. --Don Campbell, author of *The Roar of Silence* and *The Mozart Effect* Millions of Americans are joining a holistic health revolution in which yoga, natural foods, and traditional Chinese medicine are providing potent healing alternatives to costly and often debilitating prescriptions of surgery and pharmacology. As a renowned acupuncturist, master herbalist, wellness consultant, and lifelong student of various alchemical traditions, Pedram Shojai is the first author to fuse these energetic practices with an alchemical perspective, resulting in a powerful daily practice that not only heals and invigorates your body, but expands your awareness and personal power. *Rise and Shine* begins with the remarkable story of Shojai's personal transformations that led him into his unique synthesis of spiritual and physical purification practices. Shojai then shows readers ways to activate and balance the Subtle Body or Light Body --the energy meridians of acupuncture and other energy channels. He incorporates meditation and synthesized forms of Qi Gong (Chinese energy yoga) from Taoist, Buddhist, and eastern medical traditions to teach modern audiences simple, profound methods to find balance, energy, and peace in today's world. Pedram Shojai has worked with individuals, companies, and groups for several years teaching transformative practice and meditation. He has a three DVD set out titled *The Alchemy of Qi Gong (Sacred Mysteries)* that recently won acclaim from The Coalition of Visionary Resources awards.



Read *Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong* Online



Download PDF *Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong*

You May Also Like



On the Go with Baby A Stress Free Guide to Getting Across Town or Around the World by Ericka Lutz 2002 Paperback

Book Condition: Brand New. Book Condition: Brand New.

[Save Book »](#)



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Save Book »](#)



Book Finds: How to Find, Buy, and Sell Used and Rare Books (Revised)

Perigee. PAPERBACK. Book Condition: New. 0399526544 Never Read-12+ year old Paperback book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I...

[Save Book »](#)



Hitler's Exiles: Personal Stories of the Flight from Nazi Germany to America

New Press. Hardcover. Book Condition: New. 1565843940 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy-...

[Save Book »](#)



Suzuki keep the car world (four full fun story + vehicles illustrations = the best thing to buy for your child(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: Unknown in Publisher: Qingdao Publishing List Price: 58.00 yuan Author: Publisher:...

[Save Book »](#)