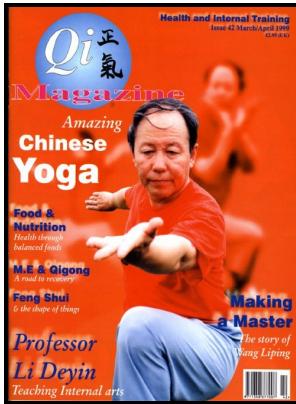


Qi Gong for health & longevity - the ancient Chinese art of relaxation, meditation, physical fitness

East Health Development Group - Qigong



Description: -

- For National Curriculum Key Stage 4 & GCSE
 - English language: writing skills
 - English language: reading skills
 - Qi gong.Qi Gong for health & longevity - the ancient Chinese art of relaxation, meditation, physical fitness
 - Qi Gong for health & longevity - the ancient Chinese art of relaxation, meditation, physical fitness
 - Notes: Includes bibliographical references (p. 257-263) and index.
- This edition was published in 1994



Filesize: 6.28 MB

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Qigong Meditation: For Beginners, Techniques, Benefits, and More

If you exercise regularly or plan to start, qigong is a great addition to your routine. The author advises everyone to take full responsibility for their safety and know their limits. Integrative medicine specialist , talks about this age-old practice.

Qigong for Health

There are many different qigong routines, all for the basic purpose of purifying and harnessing the power of the inner life force.

What Are the Health Benefits of Qigong?

Along both channels, major acupoints serve as gates or valves that regulate the flow of qi through the orbit.

What are the Health Benefits of Qigong?

This includes martial artists, Wing Chun masters and more. If the Qi flows too rapidly, it causes degeneration or exhaustion of the internal organs. A healer uses this foundational knowledge in partnership with intuition to balance the patient's Qi.

Qi Gong for Health and Healing

These are very good places to start: Eden Prairie, Minnesota Meditation Exercise Sit comfortably with your feet on the floor. In addition to their strong practice, Qigong healers understand theory Qi, five-element, meridians, and other theory and its applications.

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