

Qigong: Essence of the Healing Dance = [Ch i Kung]



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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.

(Kade Ankunding)

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HEALTH COMMUNICATIONS, United States, 2008. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Qigong: Essence of the Healing Dance will show you that you carry within yourself the ability to heal. Learn to tap into this innate gift and dance your own dance of life. You are sure to find this book fascinating, even life changing. A must-read for anyone intrigued by the mystique of ancient Eastern healing arts or seeking a daily practice that promotes and maintains full-body well-being. Qigong (pronounced chee-gong) is an ancient Chinese health-care modality that has fascinated people throughout the millennia. Based on the fundamental principles of traditional Chinese medicine, Qigong is a system that teaches us to understand Qi, our bioelectric life force, and use it to heal ourselves and others. Qigong: Essence of the Healing Dance will show you some of the basics of the outward exercises that are normally associated with the practice of Qigong, as well as detailing movements from such systems as Wuji Qigong, Bagua Xun Dao Gong and Shaolin Qigong. More than merely outlining these practices, this book will take you on a journey of exploration into the essence of this fascinating, though little understood, healing practice. Masters from around the world-such as the ninety-two-year-old Duan Zhi Liang of Beijing, Canadian healer Effie Poy Yew Chow and American Jerry Johnson-contribute their personal insights into the wonders of Qigong. People from various walks of life, all of whom have achieved healing as a result of practicing Qigong, share their powerful experiences. Author Garri Garripoli, himself a practitioner of Qigong for the past twenty years, renders the book fascinating and easy-to-read. He expertly guides you on this once-in-a-lifetime journey, inspiring you to look deeper into healing in order to discover...



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