



## The Old Man from the Hill (More Lessons in Qigong and Tai Chi) (Paperback)

By Steve Zimcosky

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Jeremy Ko (illustrator). Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The journey continues for the young boy and his Qigong and Tai Chi teacher into the following summer. More Qigong techniques and the learning of the Tai Chi short form. Lessons include Qigong and nature and an experience with chinese herbs. (Full Color with resources added to the end).



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