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Six Healing Movements: Qigong for Health, Strength and Vitality

By Gin Foon Mark

YMAA Publication Center, United States, 2001. Paperback. Book Condition: New. 239 x 184 mm. Language: English . Brand New Book. This is a Qigong book for everyone! This is the perfect introduction to America s fastest growing self-healing exercise. It is for men and women, young and old, in-shape and out! Everywhere you look people taking care of themselves. But some are looking beyond the usual fitness regime. They want to take care of more than just their bodies they want total well-being. Many are looking to the Eastern disciplines: Yoga, Tai Chi, and Qigong. Qigong is an ancient and clinically proven mind/body fitness system for preventing and curing all manners of illnesses as well as enhancing mind and spirit. But it does not have to be a mysterious and complicated program. It can be as easy as breathing and moving .and fun! Find out with Six Healing Movements . Providing a brief introduction to the history and meaning of Qigong, Six Healing Movement presents the exercises and sounds to make in easily understood segments, giving English phonetic pronunciation for each sound, and clear sets of sequenced photos to follow. No matter your age, gender, or physical condition, you can...



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