

Qigong for Healing and Relaxation: Simple Techniques for Feeling Stronger, Healthier, and More Relaxed Read Online

Details:

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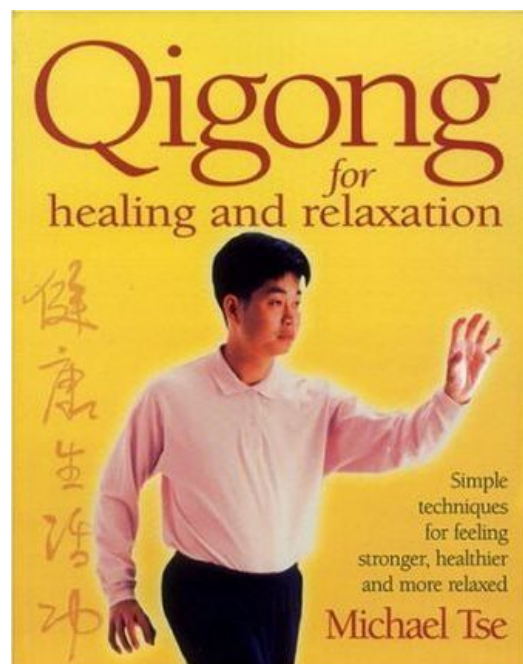
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Synopsis:

Qigong (pronounced "chee-gong") is a popular form of traditional Chinese exercise that uses the body's vital energy to make you stronger and healthier and live longer. In *Qigong for Healing and Relaxation*, world-renowned Qigong Master Michael Tse introduces a new series of easy Qigong movements. These movements, because of their simplified form, enables you to focus energy on a particular part of the body for healing and relaxation. This fully illustrated guide to better health is suitable for people new to Qigong as well as more experienced students.

Additional Information:

Chi Kung, The Swimming Dragon, Liangong, Qigong Illustrated, Qigong Empowerment, Chi Kung for Health and Vitality, Qigong for Wellbeing in Dementia and Aging, Taiji Yangsheng Zhang, Heal Yourself With Qigong, Qigong for Health and Martial Arts, Qigong Meditation, Zhan Zhuang