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Qigong: Foundation Practices

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**Twelve Health Exercises from the
Wah Family System**

By John Munro

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Synopsis

For thousands of years the Chinese have had a secret. A secret that has allowed them to treat illness in its earliest stages, a secret that allows athletes to perform amazing, seemingly superhuman, feats of strength and agility, a secret that promises a long and healthy life to those who understand and apply it. That secret is Qigong. In this book you will learn: Introductory meditation techniques Exercises to develop your breath capacity Principles of posture for qigong Exercises to become aware of your own energy Qigong concepts from Chinese medicine The location of the twelve major meridians Exercises for each of the twelve major meridians These exercises provide an excellent starting point for beginning qigong practice, and provide a firm foundation for further study.

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Customer Reviews

Excellent book holds much information. Shows meridians shows internal organs explains breathing and the movements that connects them all together.

Great book! Highly recomend

This book provides valuable information to the dedicated qigong practitioner and the novice. The twelve exercises it contains are a great follow-on for those of us who practice qigong and impart our knoweldge and skills to others. I heartily recommend it!

Thanks John Munro, long white cloud wishing, for a very informative read!

goes well with the om line course

I am very new to Qi Gong. This book was a short introduction, that was clear enough for a beginner to comprehend and intriguing enough to make the reader want more. I really enjoyed the down to earth conversational writing along with the illustrations. If you already have some knowledge and experience with Qi Gong, this book may be used as review. If you are a begginer, this is a great place to start.

I am a very uncoordinated person so this might be great for someone else but it's just not for me.

Wonderful book! Very informative and well written. Great demonstrative pictures with clear instructions on qigong exercises. Also has quite a few nice and beneficial breathing exercises and wonderful meditations to learn. I thoroughly enjoyed reading this book and reference back to it often for daily qigong practice.

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