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Five Animal Qigong: Awaken Your Body Mind And Spirit



Synopsis

Discover A One-Of-A-Kind Ancient Qigong and The New Fascia Research and Anatomy Behind It Unveiled The first Qigong book course of its kind, the 5 Animal Qigong was created by the renowned Chinese Medicine Doctor Huo Tuo over 2000 years ago. There are many 5 Animal Qigong forms out there, but not all are the same. This is the first time this version has ever been released to the public. This book is about more than just Qigong, in this book you will discover:â €20 Ancient Animal Qigong Forms and Qigong meditation exercisesâ € The Sports Science behind Qigongâ € The latest muscle fascia research and the unique role of fascia in this Qigong.â € Anatomy of Qigong â € Chinese Medicine and Qigong Meridian theory and itsâ €™s applications to this Qigongâ € 5 Elements of Chinese Medicine and Qigongâ € Loaded with over 100 high resolution pictures, graphics and clear instructions Learn how to treat your own injuries and illnesses with Qigong. This book is perfect for athletes, dancers, yogis, martial artists and the average â €œJoeâ €• just looking for some great Qigong.

Book Information

File Size: 45251 KB

Print Length: 354 pages

Publisher: White Tiger Qigong Publishing (May 13, 2017)

Publication Date: May 13, 2017

Sold by:â € Digital Services LLC

Language: English

ASIN: B071491MLG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #298,013 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #188

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