

# Chi Gong The Ancient Chinese Way To Health

Eventually, you will enormously discover a further experience and talent by spending more cash. nevertheless when? accomplish you assume that you require to get those every needs subsequent to having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will guide you to comprehend even more vis--vis the globe, experience, some places, afterward history, amusement, and a lot more?

It is your agreed own period to appear in reviewing habit. in the midst of guides you could enjoy now is **Chi Gong The Ancient Chinese Way To Health** below.

**Qigong and the Tai Chi Axis** - Mimi Kuo-Deemer 2019-10-16  
Reduce stress, release pain, and create bodily harmony with this introduction to qigong and tai chi. Includes practical information, insights, and widely practiced sequences and forms that lead to improved health.

**An Illustrated Handbook of Chinese Qigong Forms from the Ancient Texts** - Li Jingwei 2013-12-21

Originally published as: An illustrated handbook of traditional Chinese health preservation. Beijing, China: Foreign Languages Press, 2010.

*Qigong* - Danny Connor 1992-01-01

Qigong translates as "breathing exercise," or "energy skill," and has a long history in China. You can learn to use these breathing techniques to activate qi (energy) to increase a sense of well-being as well as to heal yourself and develop a sense of personal empowerment. With 120 illustrations of Master Michael Tse, showing these easy-to-use techniques.

*Cultivating Qi* - Jun Wang, Ph.D., C.M.D. 2011-01-25

While Chinese acupuncture and herbalism enjoy widespread popularity in the West, traditional Chinese exercise techniques—with the exception of qi gong—have rarely been taught outside China. This book is designed to change that. Written by Jun Wang, a doctor of Chinese medicine, *Cultivating Qi* draws on classic Chinese texts to introduce these body-

mind healing exercises to Western readers. In simple, accessible language, Wang presents three specific qi exercises: the Yijin Jing, a popular form of calisthenics associated with both Chinese Buddhist and Daoist traditions; Taiji Neigong, a series of 34 movements adapted from the Wu-Hao style of Taiji Quan; and the "Six Healing Breaths," which combines spoken sounds with movements associated with the six major vital organs of Chinese medicine. Written for beginning students of Chinese medicine as well as laypersons, healthcare practitioners, and martial artists, *Cultivating Qi* includes clear explanations of Chinese medical terminology—and provides the original Chinese characters for more advanced students—as well as step-by-step instruction in the three exercises. Accompanied by 100 photographs, these exercises are suitable for all ages and activity levels, and most of them take no more than 10 to 15 minutes to complete.

**Chinese Medical Qigong** - Tianjun Liu 2013

Correlating the traditional therapies of Qigong with the most recent outcomes of scientific research, this is the authoritative introduction to the knowledge system and content of Qigong study. Substantially revised and updated reflecting changes made to the new Chinese edition, the text now has an accompanying DVD showing the forms in action, new information about key concepts and practice, and coverage of the applications of Qigong for a range of medical conditions. The only official

textbook used in colleges of traditional Chinese medicine in China, this is an essential reference for medical and health practitioners working in complementary and alternative therapies.

*Chi Gong* - Paul Dong 2008

*Chi Gong: The Ancient Chinese Way to Health* bridges the divide between Chinese and Western science, systems of health care, and spiritual practice. With proven, step-by-step exercises, chi gong instructor Paul Dong and psychiatrist Aristide Esser show how to perform basic and advanced chi gong exercises; increase vitality by maintaining the balance of bodily energies; prevent and cure ulcers, hypertension, heart disease, and other ailments; and achieve a relaxed and therapeutic meditative state, promoting health and longevity. The authors encourage practitioners to augment and strengthen their martial and spiritual disciplines, but also to develop external energy for the benefit of others. More than an instruction manual, *Chi Gong* functions as a complete survey of this healing art. Dong and Esser discuss chi gong's history, famous practitioners, applications for health and the martial arts, and the role of chi in exceptional human functioning and mind-body interactions. Combining information from Western scientific investigations as well as personal insights from Paul Dong's practice, the authors provide a thorough explanation of the concept of chi and its role in traditional Chinese medicine, discuss the groundbreaking use of chi gong in cancer treatments, and take the reader on a visit to one of China's many chi gong clinics.

*Wu Style Tai Chi Chuan* - Wen Zee 2002

Developed over many centuries, Tai Chi Chuan is one of the treasures of Chinese culture, incorporating the principles of Taoist philosophy with the accumulated knowledge of the traditional martial arts. Wu Style is known as the "three-in-one exercise," invigorating the mind, the internal energy (qi), and the body. At all times the practitioner focuses on using mental strength, not raw force. With the mind, one directs the qi, and with the qi, one directs the whole body. Continuous round movements are made without ever breaking or interrupting the flow of internal energy. *Wu Style Tai Chi Chuan* describes the origin and philosophy of

Tai Chi Chuan, and then details its multiple health benefits. Step-by-step instruction in the practice of the Tai Chi Chuan solo form (including many photographs) is presented, followed by a chapter describing the two-person exercise known as Push Hands, for which the Wu Style is famous.

**Chi-gung** - Daniel Reid 1998

**The Healing Art of Qi Gong** - Master Hong Liu 2008-12-21

Dr. Liu describes how he risked his life under the Communist regime in China to study Qi Gong and meet secretly with a master who lived in a mountain cave above Shanghai. If there is one concept that comes up in all forms of Chinese medicine it is that of Qi, or vital energy. Qi is the very backbone of the Chinese healing arts. It refers to the energy of the universe that is channeled from nature and runs through all of us. To have Qi is to be alive, while to have none is to be dead. Qi Gong relies on the manipulation of this vital energy, and Qi Gong masters can see this energy. This book explores the basics of Qi Gong to create a guide for greater health, the Chinese way.

**The Way of Qigong** - Kenneth S. Cohen 1999-03-09

Qigong is an integrated mind-body healing method that has been practiced with remarkable results in China for thousands of years. The Chinese have long treasured qigong for its effectiveness both in healing and in preventing disease, and more recently they have used it in conjunction with modern medicine to cure cancer, immune system disorders, and other life-threatening conditions. Now in this fascinating, comprehensive volume, renowned qigong master and China scholar Kenneth S. Cohen explains how you too can integrate qigong into your life--and harness the healing power that will help your mind and body achieve the harmony of true health.

*The Swimming Dragon* - Tzu Kuo Shih 1989

For therapists, healers, and lay practitioners, this superb guide covers every aspect of the ancient healing art, from its basic functions and the energetic principles underlying its practice to a detailed history of the method and its practitioners. Most important, it offers an explicit

presentation of essential qi gong methods and styles of practice, including basic postures and respiratory exercises. The author translates into Western medical language the effects of qi gong on the nervous system, heart rate, blood pressure, endocrine system, appetite, and digestion. With an enlightening summary of the relationship between qi gong and the other Chinese healing arts, and an inspired collection of quotations from traditional texts, this is a thorough representation of an increasingly popular approach to health and healing.

The Root of Chinese Qigong - Jwing-Ming Yang 2022-09-06

Long considered a classic text by teachers and students, The Root of Chinese Qigong offers the principles and theories of qigong practice. This third edition includes Updated pinyin that includes diacritical tonal marks (for proper pronunciation of Chinese words). Updated Chinese text character font (providing better readability). Dr. Yang is acclaimed for helping readers understand qigong concepts deeper and more clearly by expressing them in familiar methods for the Western mind. He takes these ancient concepts and presents them in a logical way that helps practitioners stay on the right path to deepen knowledge and skill. In this book Dr. Yang teaches sitting and standing meditation, demonstrates qi massage techniques, and examines the Qi pathways in your body. He explains correct breathing methods, shares secrets for quieting the mind, and discusses how to increase your body's qi supply. He further explains important concepts such as the Three Treasures and regulating the body, breath, and mind. Contents include Qigong's history Basic concepts of qigong Qi and the human body The five categories of qigong Regulating body, breath and mind Regulating your essence, qi and spirit Key points for improving practice A detailed look at qi channels and vessels in the body Whatever style of qigong you may practice, making sense of qigong theory and principles is the best way of achieving your goals sooner, more accurately, and deeper.

**The Three Treasures** - Tina Chunna Zhang 2012-04-25

The Heaven, Earth, and Human are Three Treasures in the universe. The book contains great information for people who wanted to be able to communicate clearly with their own body and mind to achieve greater

health. The writing style of this book is for an easy reading approach and an accessible way to understand Chinese philosophy, traditional medicine, and Qi gong practice. A step-by-step instructions with 96 photos, and explain in details the 14 meridians functions along the study this 9-section Qi Gong set. The book has useful information for beginner and experienced Qi Gong practitioners, Acupuncturists, and whoever interested in Traditional Chinese Medicine, Daoist (Taoist) Philosophy, and natural health. You can purchase the DVD of "The Three Treasures" Qi Gong performed by Tina Chunna Zhang at [www.The3Treasures.com](http://www.The3Treasures.com)

**Qigong for Staying Young** - Shoshanna Katzman 2003-10-27

Gentle movements from the ancient Chinese art of self-healing and fitness to maintain youthful health and vitality. Shoshanna Katzman introduces readers to the practice of qigong through her graceful twenty-minute program that incorporates postures, breath, sound, visualization, and self-massage. This revitalizing workout will help women of all ages maintain youthful skin, eyes, and hair; improve fitness; and renew energy. Readers can then customize their routine, as the author explains how to apply the healing powers of qigong-along with herbal and dietary remedies-to specific age-related concerns such as arthritis, osteoporosis, menopause, weight gain, and decreased sexual vitality.

**Qigong for Health & Vitality** - Michael Tse 1996-01-15

Details the philosophy and practice of Qigong, a form of traditional Chinese medicine which combines breathing, posture, and movement, and demonstrates its treatment for such ailments as hypertension, insomnia, arthritis, and headaches

Qi Gong for Total Wellness - Baolin Wu 2013-10-29

Qi Gong for Total Wellness is a clear, illustrated guide to Qi Gong, the ancient self-healing art that combines movement, meditation, and visualization to boost energy and improve health. Author Baolin Wu specializes in Nine Palaces Solar Qi Gong which works with the energy of the sun, and trains practitioners to expel toxins and intake healthy qi through the nine openings--palaces-- of the body. This introduction to the concepts of Qi Gong and contains exercises and methods pertaining to each part of the body, with clear instructions how to accurately apply the

methods of Solar Qi Gong to increase physical and mental health using this ancient art.

**Shaolin Nei Jin Qi Gong** - Peter Fenton 1996-01-01

This form of Qi Gong was developed by Shaolin priests and brought to the West from Beijing in the mid-1980s. It is an ancient Chinese discipline with links to Martial Arts and Chinese medicine.

**The Essence of Chi-Gung** - Daniel P. Reid 2012-07-10

The beneficial health effects of daily chi-gung practice have long been known in China, but in the West, chi-gung is becoming increasingly used for general well-being and to complement conventional medical treatment. The Essence of Chi-Gung is an easy-to-use workbook that teaches the fundamentals of chi-gung practice and provides a safe, basic daily regimen that can be adapted for people of all ages and physical abilities. The view in Chinese medicine is that good health is maintained by circulating and increasing chi, the vital life energy that we are all born with. In chi-gung practice, slow, rhythmic breathing is synchronized with body movements, in a way which is beneficial to both the nervous and immune systems and to overall health. This manual includes over fifty step-by-step illustrations of the warm-up exercises and movement forms.

*Earth Qi Gong for Women* - Tina Chunna Zhang 2013-01-08

The special medical Qi Gong described in this book was developed and perfected over the course of 1,700 years by Taoists, traditional Chinese medical doctors, and Qi Gong experts in China to meet the needs of a woman's unique anatomy. Author Tina Zhang leads readers through a variety of pleasurable postures and easy exercises that address specific areas of the body. In turn, these exercises, which work progressively to strengthen the spirit-mind-body connection, enhance natural female energy to help prevent or alleviate health issues and conditions from puberty to post-menopause, including high blood pressure, stress, fatigue, endometriosis, age-related problems, and more. Emphasizing a balance between hormones and emotions, the book includes concise descriptions of selected acupuncture points, meridians, and orbits that promote long-range anti-aging and long-term optimal health. Women

empowered by these benefits can take control of their bodies and better direct and assist their physicians in maintaining their health without the cost, risk, and side effects of pills, hormones, and supplements. Qi Gong for Women also contains useful information on addressing women's physical and spiritual health for physicians, acupuncturists, and doctors of Traditional Chinese Medicine (TCM).

Arthritis - Jwing-Ming Yang 1996

Enjoy natural relief from your arthritis.

*Living Qigong* - John Alton 1997

An accessible presentation of the philosophy and practice of the traditional Chinese martial art known as qigong, a form of meditative exercise aimed at promoting good health, this book contains easy-to-follow descriptions of the eight essential movements, accompanied by numerous photos. 100 photos. 30 illustrations.

**Qigong Demystified** - John Dolic 2012-01-03

"Qigong demystified aims to illuminate the art of Qigong for a new audience, introducing basic principles, discussion of the many different styles, and the personal experiences of patients and practitioners." -- P. [4] of cover.

**Beginning Qigong** - Stephen Comee 2011-12-10

Learn traditional Chinese Qigong with this illustrated guide. The urgent pace of modern life has led to a quest for ways to relieve stress. One of the best methods for doing so is Qigong—an ancient Chinese system of breathing techniques and exercises that strengthen the mind, body, and spirit as they balance and augment Qi, or “life force.” This thorough volume presents many different forms of Qigong in detail and through fully illustrated exercises. Included are an explanation of the principles of Qigong, warming-up exercises, breathing exercises, and a guide to massaging the inner organs. The authors have also provided a table that describes the various exercises, listing their physical benefits and classifying them according to level of difficulty, so that readers can practice their own routines.

Empty Force - Paul Dong 2006-01-19

Ling Kong Jing, the "Empty Force," is the highest martial arts skill in

China. This extraordinary technique harnesses the power of chi, the body's vital energy, enabling masters of the art to defend themselves against opponents without making physical contact. The book takes readers step by step from theory to the actual practice used to generate Empty Force, and shows how to use its remarkable power for healing as well as self-defense.

The Old Man from the Hill (More Lessons in Qigong and Tai Chi) - Steve Zimcosky 2014-06-03

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)

**A Brief History of Qi** - Yu Huan Zhang 2001

A Brief History of Qi takes the reader through the mysterious terrain of Chinese Medicine, Chinese language, Chinese martial arts and Qi Gong - a truly evocative guide to virtually all the traditional Chinese arts and sciences. This book is devoted to a topic represented by a single Chinese character, Qi. When presented with the concept of Qi, students of Chinese culture, Chinese medicine, Chinese martial arts and a wide range of Chinese traditional arts and sciences face one of the most perplexing challenges of their tenure. The book begins with an examination of Qi's linguistic and literary roots, stretching back through the shadowy mists of Chinese pre-civilisation. The authors then trace the development of the concept of Qi through a number of related traditional Chinese disciplines including painting, poetry, medicine and martial arts. The book concludes with an examination of the depth and breadth of Qi as manifested in life's cycles.

*Chinese Medical Qigong* - Tianjun Liu 2013-05-28

Based on the latest edition of the approved textbook on Medical Qigong used in Chinese universities, this authoritative paperback edition has been completely revised and edited to meet the needs of western practitioners. The editors emphasize the practice of Qigong, and this section of the book has been revised and expanded; a wide range of

Qigong forms are presented, taking full account of the history, correct practice, and development of Qigong. The section on the clinical applications of Qigong in the treatment of a wide range of conditions, with the recommended Qigong forms for treatment, and relevant references to the ancient texts has been substantially revised, and focuses on conditions more common in the West. The book also presents the newest research on Medical Qigong, including groundbreaking new discoveries about the physiological and psychological mechanisms. Omitted from this paperback edition are the extensive excerpts from the ancient texts, and the detailed history, more appropriate for academic study. This is an unparalleled resource for practitioners of Qigong and Chinese medicine, as well as medical students and other healthcare professionals seeking a better understanding of the theory, practice and beneficial health applications of Medical Qigong.

Qi Healing - Ken Cohen 2000-08-01

On Qi Healing, you will learn to release stagnant qi (or "life force") in others, detoxify their internal energy systems, and restore a healthy balance of qi flow throughout all the tissues of the body. Taught by Ken Cohen, one of the most respected Qigong authorities in the world, this complete instructional course on videocassette demonstrates every step for administering healing qi energy to others safely and effectively.

**Voices of Qi** - Alex Holland 2000-01-27

We are in the middle of a cultural revolution in the health care industry. Nearly eight thousand people practice Traditional Chinese Medicine in the US and thirty-five states currently offer some form of legal status for its practice. Many people are seeking alternatives to the Western, medical approach to health care. To these seekers, Voices of Qi is an invaluable aid in exploring what Traditional Chinese Medicine has to offer. Alex Holland has done an admirable job of presenting the basic tenets and practices to this ancient tradition in a clear, concise and accessible manner.

**A Complete Guide to Chi-Gung** - Daniel Reid 2000-03-07

A guide to the history, theory and practice of chi-gung, the ancient Taoist system of health rooted in movement, breathing, meditation, and



massage Chi-gung, which literally means “energy work”: is a system of cultivating health, vitality, and longevity that is based on the fundamental principles of Taoism and the laws of nature. Practiced by the Chinese for thousands of years, chi-gung works with the energy found in all living things to help rid the body of the imbalances that sap our strength and give rise to disease. The simple, meditative movements, breathing exercises, and massage techniques that are the basis of chi-gung can be practiced by anyone, regardless of age or physical fitness. Originally published under the title *Harnessing the Power of the Universe*, this book provides a detailed overview of chi-gung, describing the techniques of movement, breathing, and massage that are intrinsic to this ancient Taoist system of health.

*China's Super Psychics* - Paul Dong 1997

According to Paul Dong, the Chinese health discipline "chi gong" generates psychic abilities--which may explain China's numerous psychics and why, since 1982, the Chinese government has been studying and supporting the work of psychics for medical and military purposes. Dong is the author of "Chi Gong: The Ancient Chinese Way to Health". 25 photos.

**Xiu Yang** - Mimi Kuo-Deemer 2020-06-17

A simple yet powerful principle, xiu yang fosters balance and peace. This expert guide to its ancient teachings features a combination of practices from meditation and mindfulness to yoga and qigong.

*Qigong* - Garri Garripoli 2010-01-01

Qigong (pronounced "chee-gong") is an ancient Chinese health-care modality that has fascinated people throughout the millennia. Based on the fundamental principles of traditional Chinese medicine, Qigong is a system that teaches us to understand Qi, our bioelectric life force, and use it to heal ourselves and others. *Qigong: Essence of the Healing Dance* will give readers some of the basics of the outward "exercises" that are normally associated with the practice of Qigong, as well as detailing movements from such systems as Wuji Qigong, Bagua Xun Dao Gong and Shaolin Qigong. More than merely outlining these practices, this book will take readers on a journey of exploration into the essence of

this fascinating, though little understood, healing practice. Masters from around the world—such as the ninety-two-year-old Duan Zhi Liang of Beijing, Canadian healer Effie Poy Yew Chow and American Jerry Johnson—contribute their personal insights into the wonders of Qigong. People from various walks of life, all of whom have achieved healing as a result of practicing Qigong, share their powerful experiences. Author Garri Garripoli, himself a practitioner of Qigong for the past twenty years, renders the book fascinating yet easy-to-read. He expertly guides readers on this once-in-a-lifetime journey, inspiring them to look deeper into healing in order to discover how to move beyond the standards and limitations of Western medicine. *Qigong: Essence of the Healing Dance* shows readers that we all carry within ourselves the ability to heal, and encourages them to tap into that innate gift and dance their own dance of life. Readers are sure to find this book fascinating, even life changing. It is a must-read for anyone intrigued by the mystique of ancient Eastern healing arts or seeking a daily practice that promotes and maintains full-body well-being.

**Traditional Chinese Qigong for Health** - Chan Siok Fong 2013-06-18

*Traditional Chinese Qigong for Health* is about the healing powers of an ancient Chinese art of self-healing in the form of Meditation, Mobile Qigong and Self-Massage with Acupresuure. All the forms have no links to any religion or philosophy. They are chiefly a source of health. By writing out each set of exercise with useful information on healthcare, Chan Siok Fongs book provides knowledge and facts about the uniqueness of each form of Qigong practice. It is her hope to bring readers to the point of knowing and understanding how to use Traditional Chinese Qigong as their regular form of exercise to maintain health at an acceptable level to overcome disease and premature aging.

*The Way of Qigong* - Kenneth S. Cohen 2018-12-04

Qigong is an integrated mind-body healing method that has been practiced with remarkable results in China for thousands of years. The Chinese have long treasured qigong for its effectiveness both in healing and in preventing disease, and more recently they have used it in conjunction with modern medicine to cure cancer, immune system

disorders, and other life-threatening conditions. Now in this fascinating, comprehensive volume, renowned qigong master and China scholar Kenneth S. Cohen explains how you too can integrate qigong into your life--and harness the healing power that will help your mind and body achieve the harmony of true health.

**Qigong** - Zixin Lin 2000

Qigong is a 2,500-year-old form of traditional Chinese medicine based on the concept that an energy known as Qi flows through meridians of the body and from the fingertips of "masters", who allegedly heal various maladies of the human body, including hypertension and cancer. This book separates fact from folklore.

*Let the Rain Fall Down* - Donna Henderson 2015-02-05

Qi Gong comes alive for children ages 2 to 9 through this original song and book with accompanying video. Basic moves are combined with catchy lyrics for easy learning in *Let the Rain Fall Down*. Children as young as two years old and even adults love this song. A moving meditation, Qi Gong emphasizes deep breathing with coordinated, repetitive motions. The exercises are reflective of nature, like a tree rooted and reaching for the sun, a bird flying high in the sky and a warm, gentle rain. Standing with enough room to spread their arms, children benefit physically, emotionally and mentally with this powerful tool. A state of relaxed focus often takes only a few minutes to achieve. The results are enhanced when practiced outside in Nature. Colorful illustrations in this 32-page picture book demonstrate the simple movements and you can follow along with a 3-minute video at [www.books.donnahenderson.net](http://www.books.donnahenderson.net). Perfect for groups or individuals, *Let the Rain Fall Down* sets the tone for the day, creates an effective break anytime and may help soothe and calm before bedtime. Teachers and group leaders may use this short exercise to help create cooperative engagement among the children. Qi Gong, an ancient Chinese art form, has been used for thousands of years to promote well-being. Qi (pronounced chee) means energy, "gong" refers to practice. So Qi Gong is a practice used to build up life energy. It promotes calm vitality, which can be helpful at any age.

Musical Qigong - Shen Wu 2001

Musical qigong is a special healing energy therapy that combines two ancient Chinese traditions -- healing music and qigong. Focusing on the five major organs, this method enlivens the mind, relaxes the body, and lifts the spirit, while enhancing one's healing energy. This guide contains two complete sets of exercises with photograph illustrations and discusses how musical qigong is related to acupuncture, tai chi, feng-shui, and the five elements in the ancient Chinese concept of the universe -- metal, wood, water, fire, and earth.

**A Complete Guide to Chi-Gung** - Daniel Reid 2000-03-07

Chi-gung, which literally means "energy work," is a system of cultivating health, vitality, and longevity that is based on the fundamental principles of Taoism and the laws of nature. Practiced by the Chinese for thousands of years, chi-gung works with the energy found in all living things to help rid the body of the imbalances that sap our strength and give rise to disease. The simple, meditative movements, breathing exercises, and massage techniques that are the basis of chi-gung can be practiced by anyone, regardless of age or physical fitness.

**The Root of Chinese Qigong** - Jwing-Ming Yang 1997

*The Root of Chinese Qigong: Secrets for Health, Longevity, and Enlightenment* is the absolutely best book for revealing the what, the why, and the how of qigong. When you know what qigong is, this will help you make the right decision; "is qigong going to be a good choice for me?" When you know why qigong is so effective, this will help you set realistic goals for your use of qigong in your health or martial arts training. When you know how qigong should be practiced, this will absolutely help you to attain your health or martial arts goals in an efficient and timely manner. We strongly recommend this book for everyone who wants to study qigong, tai chi, or marital arts. Qigong training can improve your health, cure illness, and help you overcome the stress of daily living. Qigong is the study of Qi, or vital energy, that circulates in the human body, and it has been practiced by the Chinese for thousands of years. Qigong is a unique and comprehensive approach to health and longevity, and can be trained by anyone. Get the most from

your practice by understanding the principles and foundation of this ancient science. Dr. Yang teaches sitting and standing meditation, demonstrates massage techniques, and explores the Qi pathways in your body. He explains correct breathing methods, shares secrets for quieting the mind, and discusses how to increase your body's Qi supply. In addition, he also explains important concepts such as the Three Treasures and regulating the body, breath, and mind. Whatever style you

practice, you'll find the keys to successful training in the Root of Chinese Qigong. Improve your health with Qi (vital energy) training. Relieve stress with simple breathing techniques. Learn the secrets that will advance your practice. Discover the foundations of Chinese medicine. Eliminate tension with soothing relaxation exercises. Includes more than sixty detailed photos and illustrations.