

Everyday Qigong Practice (Paperback)

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Reviews

If you need to adding benefit, a must buy book. It can be writter in straightforward words and phrases and never difficult to understand. I realized this ebook from my dad and i advised this ebook to learn. (Zula Hayes)

EVERYDAY QIGONG PRACTICE (PAPERBACK)



JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2012. Paperback. Condition: New. Harriet E. J. Lewars (illustrator). Language: English . Brand New Book. Early-stage Qigong practitioners often find it difficult to establish a daily Qigong practice. This useful handbook teaches simple Qigong exercises that can be easily practised in the home every day. The book provides guidance for a series of warm-ups and exercises which are easy to learn, very effective and all based on ancient and traditional practice. These include refreshing Early Morning Meditations; the classic Eight-Sectioned Brocade; the dynamic Three Circles Posture; the Ten Aggrievement Exercises, which are great for combating bad moods; and the Three Lowerings, an exercise for sound sleep; as well as Rubbing Exercises, self-massage for combating stiffness, aches and pains. The author offers advice throughout on important points to remember when practising Qigong at home and how to deal with any problems that arise in a straightforward and relaxed manner. Suitable for young and old, this introduction to classic Qigong for daily practice translates the traditional Chinese teaching expressions into English that reflects the multi-layered meaning of the original; intuitively grasped, meaning deepens on reflection. The meditations and exercises will be particularly healing for those recovering from illness.

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