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Da Yan Wild Goose Qigong the 2nd 64 Movements (Paperback)

By Simon Blow

Genuine Wisdom Centre, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Da Yan - Wild Goose Qigong The 2nd 64 movements From ancient times, Qigong was developed as a way of helping improve people s quality of life. It s an important component of the Chinese medical health systems. The art of Qigong consists primarily of meditation, relaxation, physical movement, mind-body integration and breathing exercises. When the mind and body come into a state of balance, stress is reduced and there is an increase in health and longevity. The 2nd 64 Da Yan Wild Goose Qigong movement set deals primarily with the pre-natal body and refers to the energy we gather from the universe and from our ancestors before birth. Having dredged the channels in the 1st 64 movement set, the 2nd 64 movement set is designed to clear the channels to absorb fresh Qi, expel stale Qi and to restore organ balance. The twisting, stretching, bending and pressing movements produce stronger Qi fields and intensify the circulation through the energy channels. In the 2nd 64 movement set the goose is embarking on a great journey and flies out from this world to the...



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