



Simple Qigong: Exercises for Health - Enhanced Edition with video: The Eight Pieces of Brocade (YMAA Qigong Book 1)

Dr. Yang Jwing-Ming

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This Enhanced edition offers the best of both worlds with 23 follow-along videos and in-depth instructional text from world renown teacher Dr. Yang, Jwing-Ming. In this best selling qigong book for beginners, you'll learn The Eight Pieces of Brocade, one of the most popular qigong healing exercise sets. Every qigong movement is presented with clear instructions, followed by an analysis of how the movements aid in improving health. This book offers beginners a smart way to learn qigong (chi kung), the ancient Chinese system of gentle breathing, stretching, and strengthening movements. Choose the sitting set, the standing set, or both. Learn how to activate the qi energy and blood circulation in your body, helping to stimulate your immune system, strengthen your internal organs, and give you abundant energy. Clear video and photographs show you correct postures. Improve your health in 10 to 20 minutes a day! Details inform you how the movements improve your health. Qigong theory explains why the exercises work. Translations of ancient Chinese poetry provides key concepts to help you improve. No matter your age or your physical condition, the Eight Pieces of Brocade is a wonderful way to improve your health and well-being. Commonly known in China as the Ba Duan Jin, these exercises have been practiced for over 1,000 years!

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