A Journey into Health Qi Gong

This book is a valuable gem for both the dedicated qigong practitioner and all who are curious about this ancient self-healing art.

Qigong is a traditional Chinese meditative exercise for promoting health and cultivating spiritual balance. This book provides a solid grounding in the principles of Health Qigong as well as sound advice for attaining the greatest therapy.

Publication Year: 2010
Edition: 1
Author/Editor: Chinese Health and Qi Gong Association
Publisher: People's Medical Publishing House
Platform: Ovid
Product Type: Book
Speciality: TCM-Basic Theories, TCM-Chinese Medicines and Medications
Language: English
Pages: 144
Illustrations: 0