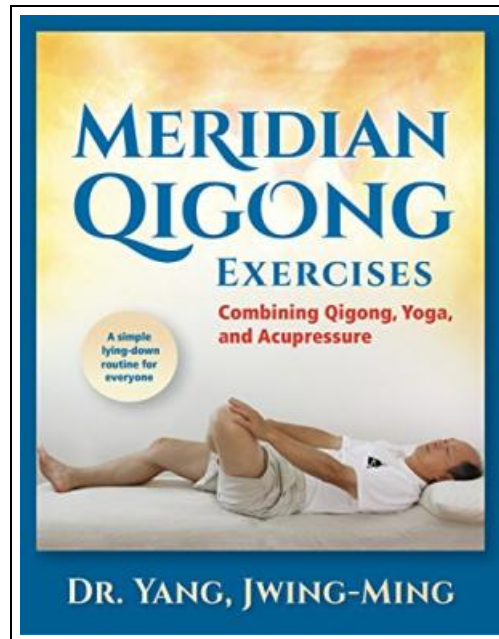


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Reviews

Complete guide! Its such a good go through. It is rally fascinating throgh reading period of time. Its been written in an extremely basic way and is particularly only after i finished reading through this publication through which really changed me, change the way i really believe.

(Mrs. Macy Stehr)

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YMAA Publication Center, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. A SIMPLE LYING DOWN ROUTINE FOR EVERYONE Each morning before getting out of bed, Dr. Yang, Jwing-Ming practices a series of movements he has combined based on decades of experience. In Meridian Qigong Exercises, Dr. Yang teaches you his special daily exercise routine. Follow along and learn how a unique combination of simple yoga stretches, qigong movements, and acupressure techniques can relieve energy stagnation and rejuvenate your entire body. All the exercises can be performed lying down or sitting, if preferred. Meridian qigong will quickly improve your general health, helping you to heal and preventing injuries. With regular practice you will notice your entire body feels loose and comfortable. You will react to stress with a greater sense of calm, and your circulation will increase. With this book you will *Understand the link between yoga and qigong*Learn basic acupressure with traditional tui na (pushing and grabbing) and dian xue (cavity pressing) techniques*Supplement your qigong practice with yoga stretches*Know which acupoints and meridians to stimulate*Relieve many common ailments, including insomnia In this book, I have compiled this qigong practice from my more than fifty years of practicing and teaching experience, Dr. Yang writes. I sincerely hope that Meridian Qigong Exercises are able to inspire you and make your life healthier. Dr. Yang is among the world s most respected instructors of martial arts, tai chi, and qigong. Meridian Qigong Exercises is a profound addition to his incredible body of work.



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