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Five Animal Qigong: Awaken Your Body Mind And Spirit



Synopsis

Discover A One-Of-A-Kind Ancient Qigong and The New Fascia Research and Anatomy Behind It UnveiledThe first Qigong book course of it's kind, the 5 Animal Qigong was created by the renowned Chinese Medicine Doctor Huo Tuo over 2000 years ago. There are many 5 Animal Qigong forms out there, but not all are the same. This is the first time this version has ever been released to the public. This book is about more than just Qigong, in this book you will discover:• 20 Ancient Animal Qigong Forms and Qigong meditation exercises• The Sports Science behind Qigong• The latest muscle fascia research and the unique role of fascia in this Qigong• Anatomy of Qigong• Chinese Medicine and QigongMeridian theory and it's applications to this Qigong5 Elements of Chinese Medicine and Qigong• Loaded with over 100 high resolution pictures, graphics and clear instructions Learn how to treat your own injuries and illnesses with Qigong. This book is perfect for athletes, dancers, yogis, martial artists and the average "Joe" just looking for some great Qigong.

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