



Everyday Qigong Practice

Richard Bertschinger

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Early-stage Qigong practitioners often find it difficult to establish a daily Qigong practice. This useful handbook teaches simple Qigong exercises that can be easily practised in the home every day.

The book provides guidance for a series of warm-ups and exercises which are easy to learn, very effective and all based on ancient and traditional practice. These include refreshing Early Morning Meditations; the classic Eight-Sectioned Brocade; the dynamic Three Circles Posture; the Ten Aggrievement Exercises, which are great for combating bad moods; and the Three Lowerings, an exercise for sound sleep; as well as Rubbing Exercises, self-massage for combating stiffness, aches and pains. The author offers advice throughout on important points to remember when practising Qigong at home and how to deal with any problems that arise in a straightforward and relaxed manner.

Suitable for young and old, this introduction to classic Qigong for daily practice translates the traditional Chinese teaching expressions into English that reflects the multi-layered meaning of the original; intuitively grasped, meaning deepens on reflection. The meditations and exercises will be particularly healing for those recovering from illness.

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Often the book Everyday Qigong Practice will bring you to definitely the new experience of reading any book. The author style to clarify the idea is very unique. When you try to find new book you just read, this book very acceptable to you. The book Everyday Qigong Practice is much recommended to you to learn. You can also get the e-book through the official web site, so you can easier to read the book.

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James Henderson:

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Jon Watson:

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