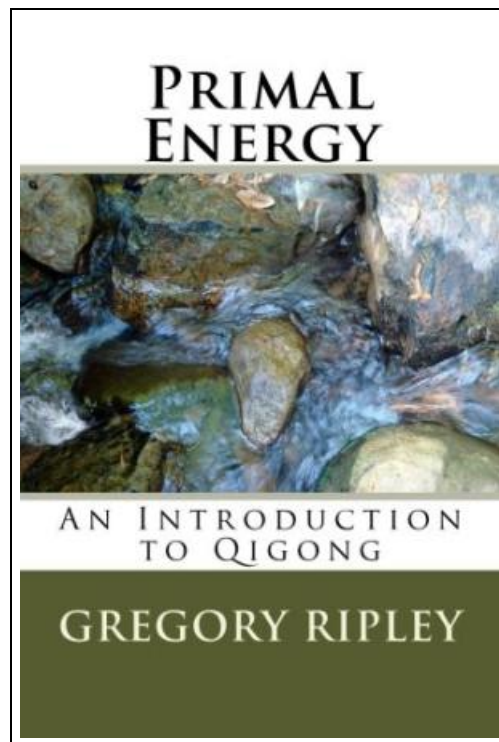


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Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Primal Energy: An Introduction to Qigong Discover the amazing, life changing art of qigong. This richly illustrated guide presents this ancient Chinese health and wellness practice in an easy to follow, accessible way. The author provides enough of the theory to give the reader a good grounding in the practice while staying focused on the practical aspects of this wonderful practice. This remarkable guide includes warm up exercises to increase joint mobility, complete instructions for a wide variety of qigong exercises, and a full body acupressure routine which can be used as a cool down or as a stand alone practice. In addition to detailed instructions for each practice presented, the author also provides great ideas for your own further exploration of this wonderful art. About the Author Gregory Ripley has a BA in Asian Studies and a Master of Acupuncture degree. He has practiced Tai Chi and qigong for over 20 years and is a certified instructor. He is also the author of Primal Health: A Brief Introduction to Chinese Medicine.

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