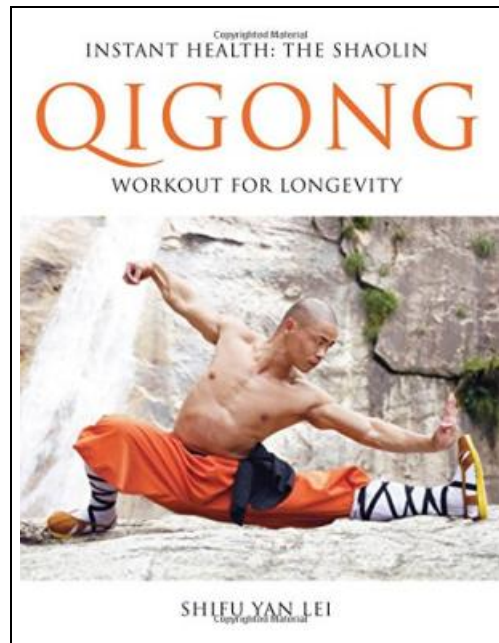


Instant Health: The Shaolin Qigong Workout for Longevity



Filesize: 8.49 MB

Reviews

This ebook will be worth acquiring. It is actually written in basic phrases instead of hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Trystan Yundt)

INSTANT HEALTH: THE SHAOLIN QIGONG WORKOUT FOR LONGEVITY



Yan Lei Press. Paperback. Condition: New. 232 pages. Dimensions: 9.6in. x 7.5in. x 0.7in. For the past 1500 years, the Qigong workout for longevity has been secretly passed from generation to generation at the Shaolin Temple of Zen in Henan Province, China. Now, for the first time, a 34th-generation fighting disciple from the temple shows how to optimize energy, alleviate stress, boost the immune system, and achieve optimum health. The complete workout is shown with easy-to-follow instructions and images, covering everything from stretches and stances to the Instant Health self-massage. This comprehensive guide provides detailed advice on adapting Shaolin Qigong to suit any life stage, and includes training tips, Zen wisdom, and a personalized mind-body workout created especially for the busy Western lifestyle. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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