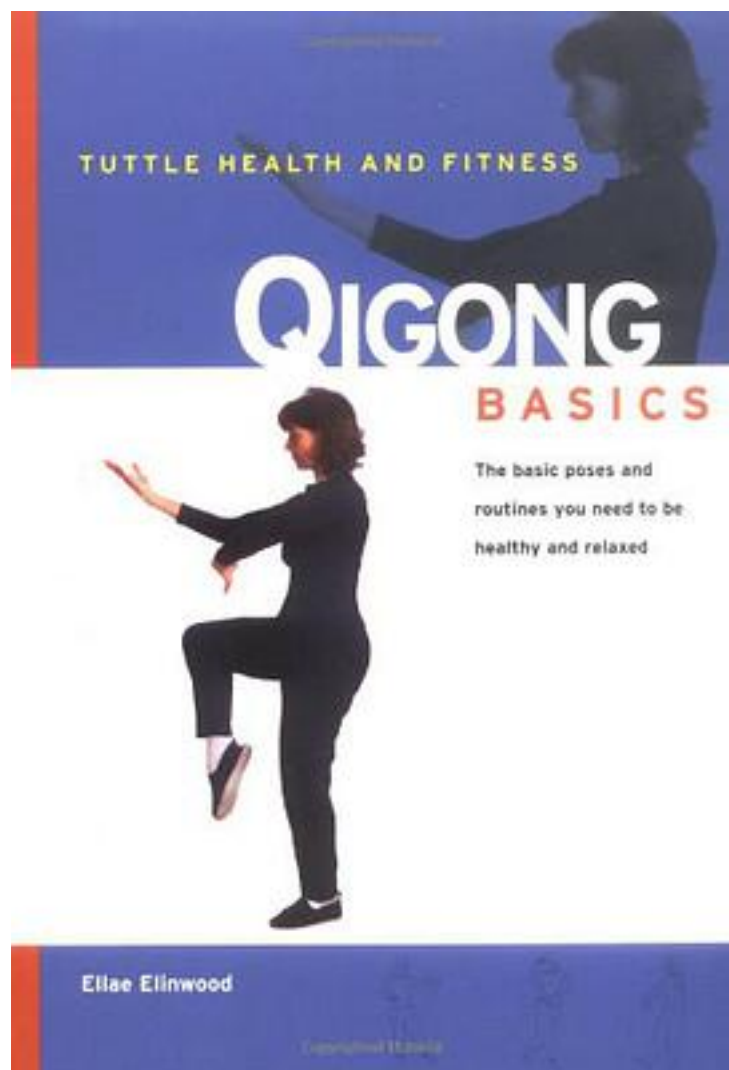


Qigong Basics



[Qigong Basics_ 下载链接1](#)

著者:Elise Elinwood

出版者:

出版时间:2004-10

装帧:

isbn:9780804835855

在线阅读本书

Along with an overview of Qigong, the book contains everything to get started--choosing the form, teacher, and class best suited to their needs. The book shows the elements of the style--breathing, stances, grounding, expansions, and meditation giving readers hands-on fitness training. Like all the other books in the Basics series, Qigong Basics offers a complete introduction and a manual readers can return to for years to come.

作者介绍:

目录:

[Qigong Basics_ 下载链接1](#)

标签

评论

[Qigong Basics_ 下载链接1](#)

书评

[Qigong Basics_ 下载链接1](#)