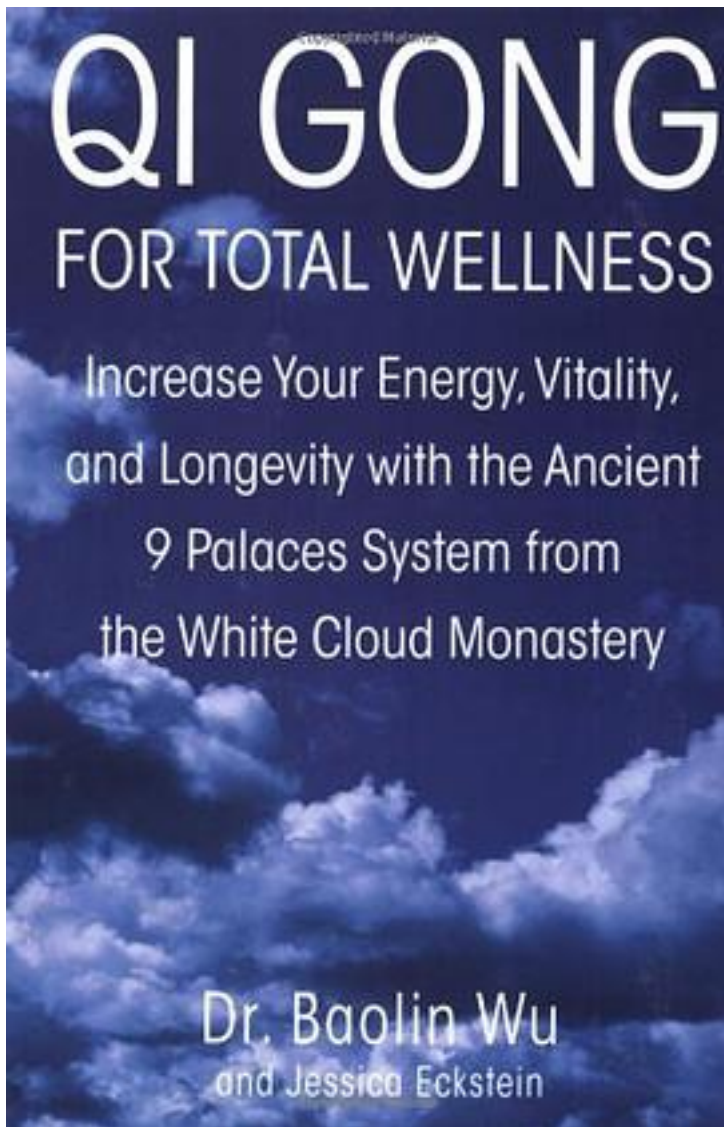


QI Gong for Total Wellness



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"Qi Gong for Well-Being" is a clear, illustrated guide to Qi Gong, the ancient self-healing art that combines breathing, posture, movement, and visualization to build vitality and improve health. Taoist master and medical doctor Baolin Wu presents, for the first time in the West, the complete 9 Palaces Solar Qi Gong system. This 1,000 year old discipline from the White Cloud Monastery of Beijing works with the energy of the sun, gently training students of any age and experience to expel toxins and intake healthy qi through the nine openings, palaces, of the body. The fundamentals of Taoist medicine and Qi Gong are explored with the lively, perceptive guidance of Dr. Wu. A full-body set of exercises are presented with step-by-step instructions to relax, open, and purify from head to toe. Beginning and advanced readers alike will learn to accurately apply the timeless methods of Solar Qi Gong for powerful physical, mental and spiritual growth.

作者介绍:

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