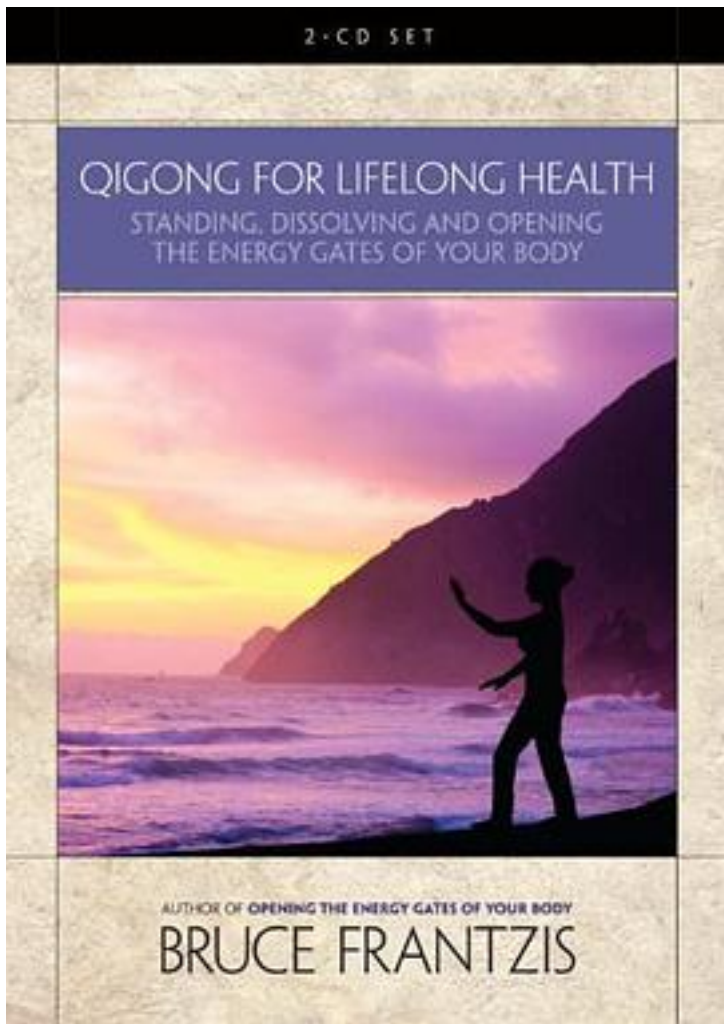


# Qigong for Lifelong Health



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Does your mind wander all over the place? Does your body fidget when you try to

practice Standing? In CD-1, Lineage Master Bruce Frantzis helps you focus on correcting your body alignments and releasing negative emotions. Standing is the foundation of Opening the Energy Gates of Your Body chi gung/qigong and many other chi gung sets.

In CD-2, Frantzis guides you through the complete Energy Gates program including Standing chi gung, Cloud Hands, the Three Swings, and the unique Taoist Spine Stretch—particularly useful for those with back injuries.

作者介绍:

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