Jwing-Ming Yang

The Root of Chinese Qigong Jwing-Ming Yang, 1997 The Root of Chinese Qigong: Secrets for Health, Longevity, and Enlightenment is the absolutely best book for revealing the what, the why, and the how of gigong. When you know what gigong is, this will help you make the right decision; is gigong going to be a good choice for me? When you know why gigong is so effective, this will help you set realistic goals for your use of gigong in your health or martial arts training. When you know how gigong should be practiced, this will absolutely help you to attain your health or martial arts goals in an efficient and timely manner. We strongly recommend this book for everyone who wants to study gigong, tai chi, or marital arts. Qigong training can improve your health, cure illness, and help you overcome the stress of daily living. Qigong is the study of Qi, or vital energy, that circulates in the human body, and it has been practiced by the Chinese for thousands of years. Qigong is a unique and comprehensive approach to health and longevity, and can be trained by anyone. Get the most from your practice by understanding the principles and foundation of this ancient science. Dr. Yang teaches sitting and standing meditation, demonstrates massage techniques, and explores the Qi pathways in your body. He explains correct breathing methods, shares secrets for quieting the mind, and discusses how to increase your body's Qi supply. In addition, he also explains important concepts such as the Three Treasures and regulating the body, breath, and mind. Whatever style you practice, you'll find the keys to successful training in the Root of Chinese Qigong. Improve your health with Qi (vital energy) training. Relieve stress with simple breathing techniques. Learn the secrets that will advance your practice. Discover the foundations of Chinese medicine. Eliminate tension with soothing relaxation exercises. Includes more than sixty detailed photos and illustrations.

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better readability). Dr. Yang is acclaimed for helping readers understand qigong concepts deeper and more clearly by expressing them in familiar methods for the Western mind. He takes these ancient concepts and presents them in a logical way that helps practitioners stay on the right path to deepen knowledge and skill. In this book Dr. Yang teaches sitting and standing meditation, demonstrates qi massage techniques, and examines the Qi pathways in your body. He explains correct breathing methods, shares secrets for quieting the mind, and discusses how to increase your body's qi supply. He further explains important concepts such as the Three Treasures and regulating the body, breath, and mind. Contents include Qigong's history Basic concepts of qigong Qi and the human body The five categories of qigong Regulating body, breath and mind Regulating your essence, qi and spirit Key points for improving practice A detailed look at qi channels and vessels in the body Whatever style of qigong you may practice, making sense of qigong theory and principles is the best way of achieving your goals sooner, more accurately, and deeper.

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- 1. Understanding the eBook BOOKthe Root Of Chinese Qigong Secrets Health Longevity Amp Enlightenment Yang Jwing Ming&spacy040
 - The Rise of Digital Reading BOOKthe Root Of Chinese Qigong Secrets Health Longevity Amp Enlightenment Yang Jwing Ming&spacy040
 - Advantages of eBooks Over Traditional Books
- 2. Identifying BOOKthe Root Of Chinese Qigong Secrets Health Longevity Amp Enlightenment Yang Jwing Ming&spacy040
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction

- Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an BOOKthe Root Of Chinese Qigong Secrets Health Longevity Amp Enlightenment Yang Jwing Ming&spacy040
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from BOOKthe Root Of Chinese Qigong Secrets Health Longevity Amp Enlightenment Yang Jwing Ming&spacy040
 - Personalized
 - Recommendations
 - BOOKthe Root Of Chinese Qigong Secrets Health Longevity Amp Enlightenment Yang Jwing Ming&spacy040 User

- Reviews and Ratings
- BOOKthe Root Of Chinese Qigong Secrets Health Longevity Amp Enlightenment Yang Jwing Ming&spacy040 and Bestseller Lists
- 5. Accessing BOOKthe Root Of Chinese Qigong Secrets Health Longevity Amp Enlightenment Yang Jwing Ming&spacy040 Free and Paid eBooks
 - BOOKthe Root Of Chinese Qigong Secrets Health Longevity Amp Enlightenment Yang Jwing Ming&spacy040 Public Domain eBooks
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Ming&spacy040 Budget-	Taking BOOKthe Root Of	Ming&spacy040
Friendly Options	Chinese Qigong Secrets	 Benefits of a Digital Library
6. Navigating BOOKthe Root Of	Health Longevity Amp	 Creating a Diverse Reading
Chinese Qigong Secrets Health	Enlightenment Yang Jwing	Collection BOOKthe Root
Longevity Amp Enlightenment	Ming&spacy040	Of Chinese Qigong Secrets
Yang Jwing Ming&spacy040	 Interactive Elements 	Health Longevity Amp
eBook Formats	BOOKthe Root Of Chinese	Enlightenment Yang Jwing
\circ ePub, PDF, MOBI, and	Qigong Secrets Health	Ming&spacy040
More	Longevity Amp	10. Overcoming Reading Challenges
 BOOKthe Root Of Chinese 	Enlightenment Yang Jwing	 Dealing with Digital Eye
Qigong Secrets Health	Ming&spacy040	Strain
Longevity Amp	8. Staying Engaged with BOOKthe	 Minimizing Distractions
Enlightenment Yang Jwing	Root Of Chinese Qigong Secrets	 Managing Screen Time
Ming&spacy040	Health Longevity Amp	11. Cultivating a Reading Routine
Compatibility with Devices	Enlightenment Yang Jwing	BOOKthe Root Of Chinese Qigong
 BOOKthe Root Of Chinese 	Ming&spacy040	Secrets Health Longevity Amp
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