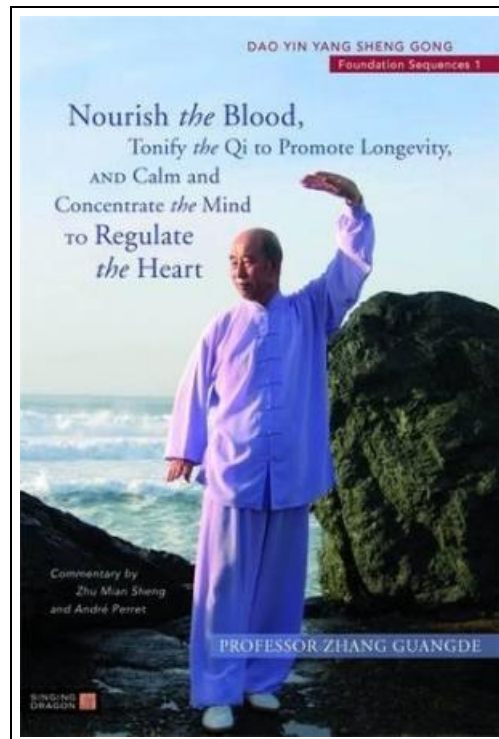


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JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. Professor Zhang Guangde's Dao Yin Yang Sheng Gong forms part of the Chinese national health program and is the most popular form of Qigong practiced in China and across the globe. Professor Zhang has spent nearly forty years creating and developing his system of Qigong. He combines the philosophy of the Classical Chinese text The I Ching with the primary theories of Chinese traditional medicine. His methods have proven highly effective in maintaining health and well-being. This book contains detailed step-by-step instructions and illustrations to show every step of the foundation sequences, and the accompanying DVD will enable even the least experienced of students to begin to grasp this form of Qigong. The exercises featured promote controlled breathing and concentration. They are formed of calming movements which enhance the flow of blood and energy through the body to achieve increased flexibility and higher levels of physical and mental agility. This will be an essential text for Qigong practitioners and students and is accessible enough for the beginning Dao Yin Yang Sheng Gong student.

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