



The Theory and Practice of Taiji Qigong

Chris Jarmey

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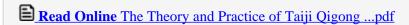
Chris Jarmey

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Practiced regularly, Taiji Qigong has been show to increase energy, improve health, and help prevent illness through simple movements and focused breathing. This in depth instruction manual brings the practice to the average reader. Written for every level of skill and interest and constructed for easy customizing for particular goals, the book is broken into three parts that cover the theory and practice of Qi and Qigong; the general principles of Qigong practice; and the 18 movements of Taiji Qigong in detail.



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