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Restoring Natural Harmony: Chinese Medical Qigong (Paperback)

By MR Simon Blow

Genuine Wisdom Centre, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Qigong, the ancient Chinese art of longevity, has been a part of the Traditional Chinese Medicine (TCM) system for over 5,000 years. The practice of Qigong combines gentle movements with breathing techniques and meditation to balance and cleanse the body's energy channels and strengthen the flow of Qi in and around the body. Throughout history Qigong exercises have been used for self-healing, health maintenance and as a means of regulating the meridian system to bring harmony to mind, body and spirit. Restoring Natural Harmony comprises the Chinese Medicine energy cultivation techniques that were taught to Simon when he was a resident student at the Xiyuan Hospital, Beijing, China. He received World Health Organisation certification in Medical Qigong clinical practise studying Guigen Qigong under the guidance of Dr Xu Hongtao from the Qigong and Tuina (massage) Dept. Guigen translates to returning to the source or root . The six sections of Guigen Qigong encompass the Daoist understanding of The Five Elements, the Yin/Yang theory and the fundamentals of Traditional Chinese Medicine. In each body organ resides the spirit of one of the five...



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