

Root Of Chinese Chi Kung The Secrets Of (Ymaa Chi Kung Series, #1)



Synopsis

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Book Information

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Customer Reviews

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The book came quickly and is in excellent condition. Although, I have not finished the book yet to give it a complete review, I am enjoying the book. The explanations that the author gives along with the visuals (diagrams and pictures) help make this book a book on Chi Kung.

This is a book all beginners NEED. So well written and in depth. it's a must have for anyone serious about training and understanding the concepts as intended.

This book is essential for any qigong practitioner; or any martial artist. The keys to enlightenment are also here. Unrecognizable by the lamen.

For me its the best book ever, it doesn't contain almost any practical exercise, it explains why they work, like how to make roots on earth to have more balance , and really advanced theory of chi, it responds to a lot of medium to advanced questions. You will gain profit only if you are not a beginner qi gong practicer. It have a lot of information in every page of it. ! that you cant find in

another book .

This book gives an excellent explanation of Chi and Chi Kung from both the Western and Eastern point of view. It is recommended reading for all martial artists and is especially beneficial for someone just beginning to examine Chi and/or Chi Kung

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