



An Exploration of Ki Meditation (Paperback)

By Tammy Parlour

Lulu.com, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Drawing on the wisdom of Grandmaster Gedo Chang, British instructor Tammy Parlour reflects on the principles and practice of Ki Meditation. Citing personal experience, she illustrates the modern day applicability of this ancient Korean system. This book is an accessible guide to Ki Meditation training which will be of interest to both novices and more experienced practitioners.



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