



Simple Chi Kung: Exercises for Awakening the Life-Force Energy (Paperback)

By Mantak Chia, Lee Holden

Inner Traditions Bear and Company, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. Distills the many different Chi Kung practices into one simple daily routine for abundant health, calmness, and mental clarity - Provides step-by-step illustrated instructions for a complete yet easy daily Chi Kung routine - Perfect for beginners and ideal as a warm-up to more advanced practices - Clears physical and mental stress, stimulates healing and disease prevention, detoxifies the body, releases tensions, improves circulation, and works to develop flexibility, strength, resiliency, and suppleness Within every person there is a place full of energy, health, and happiness. Practicing Chi Kung allows us to visit this place of inner vitality and harmony, clearing physical and mental stress, detoxifying the body and mind, and helping us return to our natural state of abundant health, calmness, and mental clarity. An ideal complement to the treatment of chronic pain, asthma, diabetes, high blood pressure, headaches, and even heart disease and cancer, Chi Kung is a way to take control of your physical, mental, and spiritual health and live a long and healthy life. In Simple Chi Kung, Taoist master Mantak Chia distills thousands of Chi Kung practices into...

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