



## Qi: Increase Your Life Energy

By Stefan Stenudd

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 146 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Qi is the Chinese word for life energy, also spelled chi or ki. It is the essence used in acupuncture, qigong and taiji, as well as many other traditional arts in China and Japan. Its western counterpart is the spirit, or inspiration. This book explains how qi works, and presents several very easy exercises by which you can cultivate and increase its flow within yourself. It is not difficult at all, and the result will invigorate you beyond your expectations. So, give it a try. Stefan Stenudd is a high grade instructor of the peaceful and spiritual martial art aikido, since more than 40 years. Aikido, too, evolves around the life energy. But the exercises in this book can be done by anyone, with or without experience of Eastern traditions. This item ships from La Vergne, TN. Paperback.

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