



10-Minute Primer Qigong (Mixed media product)

By Qingjie Zhou

JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2014. Mixed media product. Condition: New. Language: English . Brand New Book. Learn the essentials about qigong with this comprehensive and easy-to-read introduction. An ancient Chinese practice now becoming popular in the West, qigong integrates functions of the body, breathing and the mind. Qigong is a great way to keep fit, prevent illness, and still your mind. Fully illustrated, this book covers the key information to get you started, including:- Tips for practice- Key principles and etiquette- Health benefits- Postures and breathing techniques- Step-by-step instruction of Baduanjin Qigong- Origins. With an accompanying DVD that demonstrates an authentic short qigong form, Baduanjin, it is the perfect introduction for newcomers to the art as well as anyone interested in martial traditions more generally. It also provides useful practice tips and cultural insights for seasoned qigong practitioners.

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