

Qigong Teachings Of A Taoist Immortal The Eight Essential Exercises Of Master Li Ching Yun

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Qigong Teachings . My friend Thomas and I practiced a different qigong set over Zoom today. It is a set I first learned in 2003 and revisit from time to time. It consists of eight exercises and the titles, brief description, and book source are below. Beating the heavenly drum: tap the occipital 24 times with alternating finger taps

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Qigong Teachings of a Taoist Immortal : The Eight ...

Qigong Teachings of a Taoist Immortal: The Eight Essential Exercises of Master Li Ching-yun by Stuart Alve Olson is available here in EPUB, AZW3, and PDF formats. Description: The first English translation of Master Li Ching-yun's teachings on the Eight Brocades, the central practice of qigong. • Explains the physical and spiritual benefits of the Eight Brocades and offers step-by-step ...

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