

The Secret to a Lifetime of Health and Fitness

# The Spirit of Qi Gong



*"Great Resource"*  
- Spirituality & Health

Chinese Exercises for Longevity  
by Deborah Davis, L.Ac.

# Spirit Of Qi Gong Chinese Exercises For Longevity Dvd

**LL Leslie**



## **Spirit Of Qi Gong Chinese Exercises For Longevity Dvd:**

**Women's Qigong for Health and Longevity** Deborah Davis, 2008-07-29 A practical easy to use guide for women over forty on how to achieve and maintain vibrant health through the Chinese practice of qigong Here is a detailed guidebook for midlife women on how to use gentle but powerful traditional Chinese exercises breathing techniques massage meditation and vocalizations to promote better health and wellness In *Women's Qigong for Health and Longevity* acupuncturist and longtime qigong practitioner Deborah Davis offers An overview of the traditional Chinese approach to health A clear explanation of the various components of qigong practice General health routines for women in specific age groups DIY practices and routines for specific health issues including insomnia hypertension and heart disease menopause sexual vitality breast health and cancer osteoporosis and depression Begin your qigong journey today to achieve better health fitness relaxation mental clarity stamina and more

**Meditation—The Complete Guide** Patricia Monaghan, Eleanor Viereck, 2011 A revised guide to positive transformation through meditation profiles 35 diverse practices from different world regions while explaining their respective histories and virtues in a resource that includes coverage of options ranging from drumming and trance dancing to labyrinth walking and gardening Original

**Qi Gong in Chinese Medicine** Ming Lü, Martin Schweizer, Jun Hu, 2011-07-15 Learn all about the origins theories fundamentals and therapeutic effects of medical qi gong in this unique practical textbook As the first qi gong book designed especially for Chinese medicine practitioners and their patients this book will teach you how to practice common qi gong forms to boost the health and combat illness Common Chinese medicine disease patterns and their appropriate treatments using qi gong exercise are described in detail We are sorry that the DVD content are not included

**The Wonders of Qigong**, 1985 *Meridian Qigong* Tevia Feng, 2014 14 Qigong exercises for health and longevity Qigong pronounced chee gung is an ancient Chinese practice consisting of physical movements meditation creative visualization and breathing exercises to help revitalize the body and heal the spirit

**Qi Gong for Health & Longevity** Simon Wang, 1994 *na* Zhang Guangde, 2011-08-15 Professor Zhang Guangde's Dao Yin Yang Sheng Gong forms part of the Chinese national health program and is the most popular form of Qigong practiced in China and across the globe Professor Zhang has spent nearly forty years creating and developing his system of Qigong He combines the philosophy of the Classical Chinese text *The I Ching* with the primary theories of Chinese traditional medicine His methods have proven highly effective in maintaining health and well being This book contains detailed step by step instructions and illustrations to show every step of the foundation sequences and the accompanying DVD will enable even the least experienced of students to begin to grasp this form of Qigong The exercises featured promote controlled breathing and concentration They are formed of calming movements which enhance the flow of blood and energy through the body to achieve increased flexibility and higher levels of physical and mental agility This will be an essential text for Qigong practitioners and students and is accessible enough for the beginning Dao Yin Yang Sheng Gong student

*Absorbing the*

*Essence* Simon Blow,2010 The Chinese healing arts have a long proud history of over 5 000 years and combines meditation relaxation physical movement mind body integration and breathing exercises to restore harmony to mind body and spirit Australian Qigong Master Simon Blow has created a unique series of three Book DVDs incorporating his own healing journey from a near fatal accident at the age of 19 to becoming an inspiring internationally respected teacher In *The Art of Life Absorbing the Essence and Restoring Natural Harmony* Simon shares the techniques and philosophies taught to him by Qigong Masters in the sacred mountains of China and at a Traditional Chinese Medicine Hospital in Beijing The books contain the why to and how to of this powerful technique and the DVDs present the exercises and meditations in a clear easy to follow format and in peaceful surroundings The books also contain inspiring stories of those who have transformed their lives by practising this ancient healing art In *Absorbing the Essence Book DVD No 2* Simon shares with you the ancient Daoist cultivation techniques that were taught to him at the sacred Wudang Mountain in China These practices strengthen the flow of Qi around the body calm the emotions improve organ function and help develop spiritual awareness The sequences include Wudang Longevity Qigong and the Ba Duan Jin Nurturing Life Qigong Sitting Run time 60 minutes Australian **Instant Health** Shifu Yan Lei,2009-11-09 For the past 1500 years the Qigong workout for longevity has been secretly passed from generation to generation at the Shaolin Temple of Zen in Henan Province China Now for the first time a 34th generation fighting disciple from the temple shows how to optimize energy alleviate stress boost the immune system and achieve optimum health The complete workout is shown with easy to follow instructions and images covering everything from stretches and stances to the Instant Health self massage This comprehensive guide provides detailed advice on adapting Shaolin Qigong to suit any life stage and includes training tips Zen wisdom and a personalized mind body workout created especially for the busy Western lifestyle *Beginning Qigong* Stephen Comee,2011-12-10 Learn traditional Chinese Qigong with this illustrated guide The urgent pace of modern life has led to a quest for ways to relieve stress One of the best methods for doing so is Qigong an ancient Chinese system of breathing techniques and exercises that strengthen the mind body and spirit as they balance and augment Qi or life force This thorough volume presents many different forms of Qigong in detail and through fully illustrated exercises Included are an explanation of the principles of Qigong warming up exercises breathing exercises and a guide to massaging the inner organs The authors have also provided a table that describes the various exercises listing their physical benefits and classifying them according to level of difficulty so that readers can practice their own routines

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