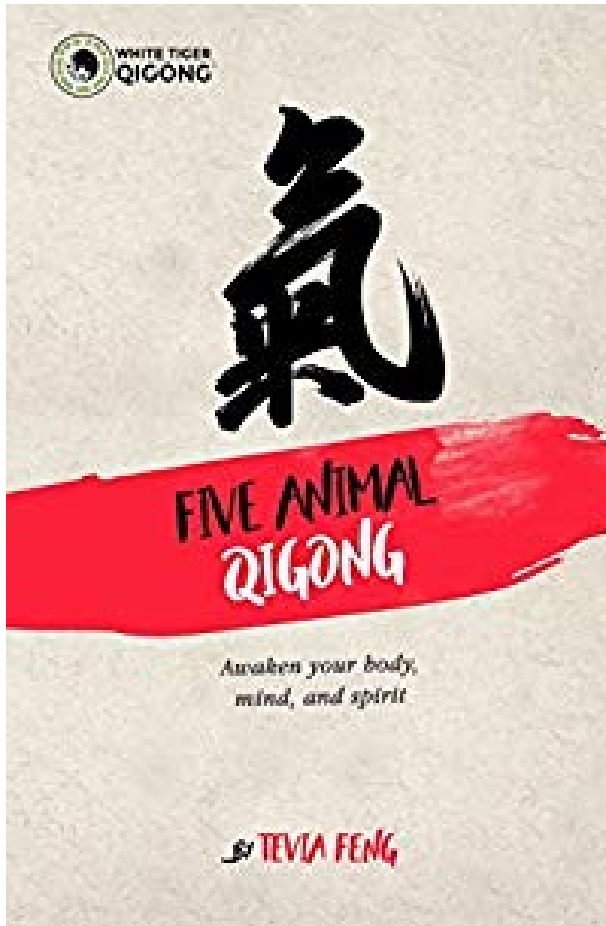


Five Animal Qigong: Awaken Your Body Mind and Spirit



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- 20 Ancient Animal Qigong Forms and Qigong meditation exercises
- The Sports Science behind Qigong
- The latest muscle fascia research and the unique role of fascia in this Qigong.
- Anatomy of Qigong
- Chinese Medicine and Qigong o Meridian theory and it's applications to this Qigong o 5 Elements of Chinese Medicine and Qigong
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Learn how to treat your own injuries and illnesses with Qigong. This book is perfect for athletes, dancers, yogis, martial artists and the average “Joe” just looking for some great Qigong.