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By Chinese Health Qigong Association



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Qigong is an aspect of traditional Chinese medicine that involves coordinating breathing patterns with physical postures to maintain health and well-being. Yi Jin Jing/ Tendon-Muscle Strengthening Exercises is an accessible, fully-illustrated guide to a particular qigong exercise that focuses on turning and flexing the spine.

Based on the twelve traditional routines of Yi Jin Jing, the exercises covered in the book feature soft, extended, even movements that invigorate the limbs and internal organs. In particular, practice of the Yi Jin Jing exercises improves flexibility, balance and muscular strength, and has a beneficial effect on the respiratory system. Each routine is described step-by-step and is illustrated with photographs and key points. The authors also point out common mistakes and offer advice on how to correct these.

Complemented by an appendix of acupuncture points and accompanied by a DVD, this book will be of interest to Qigong and Tai Chi practitioners at all levels, students of martial arts and anyone interested in Chinese culture.



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Editorial Review

Review

This is a beautiful sequence of exercises attractively filmed and clearly taught... The book provides a convenient source of information to refer to and very clear illustrations of the postures together with arrows showing the directions of the movements. -- Tai Chi Finder Limited With these books the Chinese Health Qigong Association have come close to providing everyone with their own personal qigong instructor. -- Tai Chi Finder Limited After introducing the history of Yi Jin Jing, some principles of the practice are explained and some practice tips are given. Then, the book goes through a step-by-step description of each twelve practices. After each practice, the key points are highlighted, common mistakes are given and how to correct them and the benefits of the practice is explained. -- Medical Qigong Education Centre

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About the Author

The Chinese Health Qigong Association is an organization that popularizes and researches Health Qigong, and is a group member of the All-China Sports Federation. Its aim is to inherit and carry forward the Chinese traditional culture of health promotion and facilitate the communication between Western and Eastern Cultures.

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