



Wild Goose Qigong: Natural Movement for Healthy Living

Hong-Chao Zhang

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For centuries, Chinese qigong masters have observed the liberating, graceful movements of the Wild Goose in flight and adopted these flowing gestures to improve their own health and well-being. Now you too can benefit from the wisdom of Man and Nature in this easy-to-follow illustrated guide. Not only is Wild Goose Qigong a superb exercise for cultivating and maintaining general health, but it is also highly effective for the cardiovascular, central nervous, and digestive systems; and even your disposition. It also has been known to have positive effects on Cancer and AIDS.

Wild Goose Qigong contains step-by-step instructions for each of the 64 movements of the form, along with an explanation of the various effects of each movement. Along with a concise and clearly written history of Qigong, you'll get the background and understanding you'll need for a lifetime of practice.

Wild Goose Qigong is a holistic mind/body exercise system you can do anytime, anywhere. Whether you are beginner or experienced, man or woman, senior citizen or child, Wild Goose Qigong is perfect for you.

- Relax and Strengthen your Body.
- Concentrate and Quiet your Mind.
- Achieve Integration of Body, Breath, & Consciousness.
- Easy to learn and practice.
- Includes over 150 instructional photo and illustrations.

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