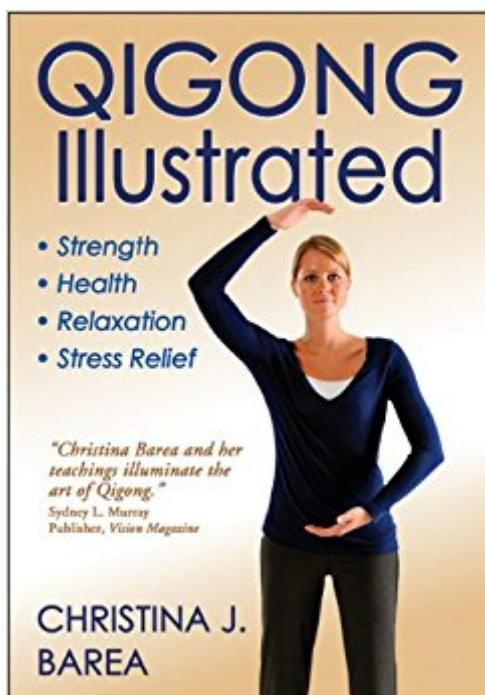




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# QiGong Illustrated



## Synopsis

Strengthen your body. Strengthen your mind. Each year, millions of people worldwide discover qigong and the incredible healing power of qi. Now, with Qigong Illustrated, you can too. Qigong Illustrated is a step-by-step guide complete with detailed instructions and full-color photo sequences of the most effective movements, exercises, and traditional routines, including Daoist Five, Eight Silk Brocade, and Turning and Winding the Belt Vessel. Centered on the three essential components of qigong (body, mind, and breath), Qigong Illustrated's straightforward, highly visual approach is the quickest and most effective way to experience the physical and mental benefits of each routine, such as improving your posture, strengthening your body, and reducing tension. You will also learn to put together an effective qigong flow and combine routines to address your health and fitness needs. Whether you are completely new to qigong or have practiced for years, Qigong Illustrated will accompany you step by step on the path to better health and self-awareness. This is the exercise guide that you will turn to time and time again.

## Book Information

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## Customer Reviews

"Qigong Illustrated provides an easy-to-understand, practical approach to learning qigong."

Chengguang Shi -- Director of Academic Affairs, University of East-West Medicine • Christina Barea and her teachings illuminate the art of Qigong. Qigong Illustrated is perfect for the beginner, but it also has so much to offer the advanced student. • Sydney L. Murray -- Publisher, Vision Magazine

Christina J Barea is an ordained Daoist priest who holds a master's degree in medical qigong (MMQ) from the International Institute of Medical Qigong (IIMQ), where she studied with internationally recognized founders Dr. Jerry Alan Johnson and Dr. Bernard Shannon. She is a certified level III qigong instructor through the National Qigong Association and has taught at the University of East-West Medicine. She is also a member of the National Qigong Association's board of directors. Barea was born and raised in Puerto Rico and is fluent in English, Spanish, and Italian. She currently resides in Atlanta, Georgia, and enjoys spending time in nature, playing the Native American flute, and exploring other cultures.

Wish there was a DVD with this, but what a wonderful Qigong book. I've practiced with an assortment of teachers over the past few decades, live and on DVD. Either there is no explanation of what the movements are or it's too much information that doesn't seem to have a structure, or too many movements without going into each with any depth. This book is simple and succinct. It is a fantastic beginner book, I'm not sure what experienced Qigong practitioners would think but I'd like to know. Included in this book is a brief explanation of the different types of Qigong, two Qigong sets, the Daoist Five and Eight Piece Silk Brocade, a few individual movements and an introduction to the Five Elements...and lots of pictures illustrating the movements. This book gave me the missing piece to the puzzle of my ongoing Qigong practice, it deepened it and has me interested in studying at the International College of Medical Qigong where Christine trained.

Well written and easy to follow. Full of good information.

I like how this book is put together

I'm in love with Qigong. This manual is great.

It is a good book to read. Good information that easy to follow and practice.

An excellent introduction to qigong, with clear pictures of moves and positions.

Excellent guide for the beginner or intermediate student. Includes the all-important mental 'posture' that makes chi gung more effective. Nice, do-able chi gung routines for the beginner; good as warm-ups for the intermediate student.

No problems

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