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Down Through The Chakras Of The Body. In Between, The Movements Improve The Energetic Balance Between The Mind, Heart, And Body, And Stimulate The Kundalini Energy At The Base Of The Spine. This Gong Encourages A Gentle Flow Of The Kundalini And Ninth-chakra Energies, Through The Seven Main Apr 15th, 2024

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Da Wu Health Qigong Da Wu Exercises Chinese Health Qigong

Da Wu-Zhongguo Jian Shen Qi Gong Xie Hui 2014 Originally Published: Beijing: Foreign Language Press, 2012. Da Wu- 2014 Health Qigong- 2012 Liu Zi Jue-Chinese Health Qigong Association 2008 Liu Zi Jue: Six Sounds Approach To Qigong Breathing Exercises Is An Accessible Guide To This Par Mar 2th, 2024

Essence Of Qigong A Handbook Of Qigong Theory And Practice

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Guigen Qigong - Simon Blow Qigong

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