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Qigong | taking charge of your health & wellbeing

during which individuals practice Qigong exercises to enhance their health, Taoism, and Confucianism. Spiritual Qigong teaches discipline and leads to self

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Taoist health arts

Taoist Health Arts. What I Teach. Dragon and Tiger Qigong; Opening the Energy Gates of your Body; Heaven and Earth Qigong; Tai Chi Circling Hands Qigong; Wu style

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Sat Chuen Hon is the author of Taoist Qigong for Health and Vitality (3.60 avg rating, 10 ratings, 1 review, published 2003) Sat Chuen Hon s Followers.

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May 04, 2012 Six Healing Sounds: The Liver sound instructions.

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Feb 11, 2015 The following video is intended to be an educational tool that features tai chi and qi gong as an Tai Chi and Qi Gong for Health and Well

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