



Prenatal Energy Mobilizing Qigong: China Taoist Ancient Qigong

Cheng Yan Feng

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This book is an introduction of the China Taoist Ancient Qigong, 'Prenatal Energy Mobilizing Qigong'. It covers the Essentials of Qigong Practice, Methods for Practising the Quiescent Qigong Patterns and the Motioned Qigong Patterns, Mechanism of Qigong, Scientific Experiments of Qigong, Qigong Practitioners Experiences and Answers to Questions from Readers, and so on.

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