



Chi Kung: The Way Of Healing

By Lam Kam Chuen

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Chi Kung: The Way Of Healing By Lam Kam Chuen

Master Lam Kam Chuen combines simple Chi Kung and Tai Chi exercises to offer relief for the stress-related symptoms and illnesses Western medicine and exercise are ill-equipped to treat. All healing depends on energy. This book includes chi exercises to sustain health, increase energy, healing and recovering such as Silk Cocoon, Rolling the golden Sphere, Waving hands like clouds and more.

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