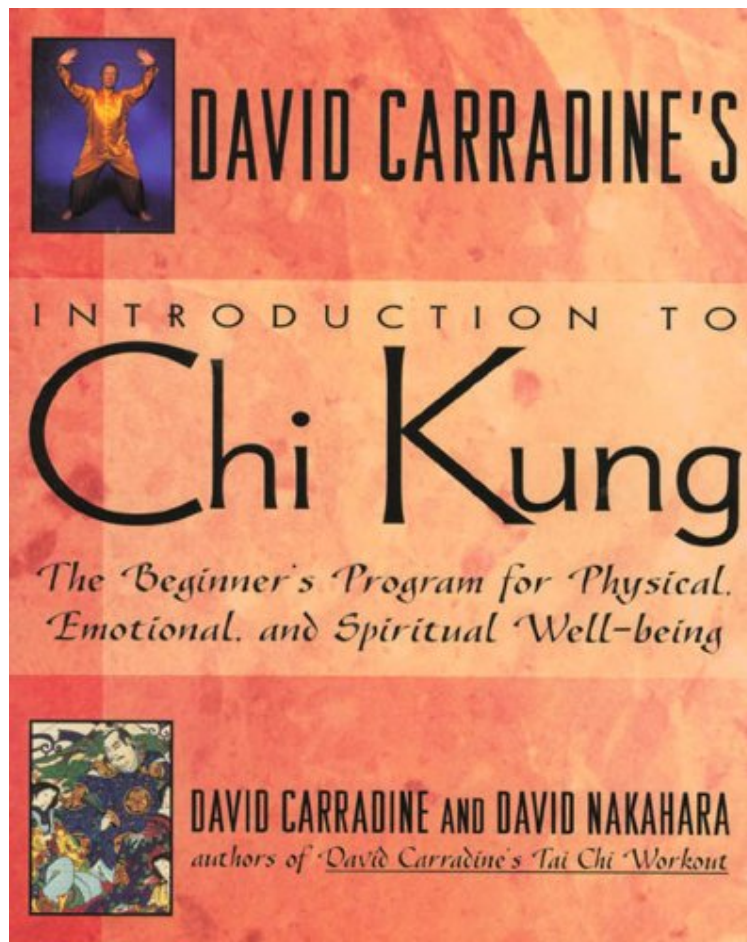


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David Carradine's Introduction to Chi Kung: The Beginner's Program For Physical, Emotional, And Spiritual Well-Being

Von David Carradine, David Nakahara
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exercises and postures make this an easy book to follow. It is designed to be used either as a guide to a gradually-intensifying daily workout or as a reference to find exercises geared to specific ailments. There is also a videotape available.

KurzbeschreibungThe man who popularized kung fu and tai chi presents the complete beginner's program for understanding the ancient art of chi kung, the next wave in low-impact exercise. David Carradine's Introduction to Chi Kung: The Beginner's Program For Physical, Emotional, And Spiritual Well-Being is the perfect guide to Chi Kung.
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Synopsis This introduction includes the basic breathing, posture, and meditation techniques, a six-month program, a holistic self-assessment test, and more.