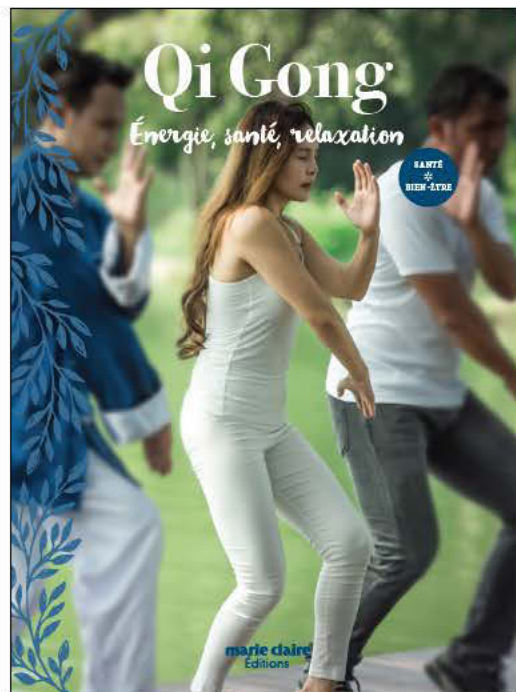


Qi Gong

Energy, Health, Relaxation

May 2018



Synopsis:

Mix of gymnastic and Martial arts, Qi Gong is part of the Chinese Traditional Medicine. It aims to control vital energy by slow movements focusing on concentration and breathing.

It has several beneficial effects on health: boosting immune system, helping blood circulation, easing tone and flexibility.

Besides all this advantages, Qi Gong does not require any specific material and can be practiced by anyone, at any age.

Content :

Illustrations of the exercises by a step-by-step explanation, starting from a level for beginners to reach the expert level

Movements start from the « Sky part »: head, neck, shoulders

Then comes the « Human Part »: spin, core body, pelvis

And the « Earth Part »: hips, thighs, legs and feet

■ Specifications :

- Collection : Health / Wellness
- Publication: May 2018
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- 170 x 230 mm
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