



Liu Zi Jue: Six Sounds Approach to Qigong Breathing Exercises (Mixed media product)

By The Chinese Health Qigong Association

JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2008. Mixed media product. Condition: New. Language: English . Brand New Book. Qigong is an aspect of traditional Chinese medicine that involves coordinating breathing patterns with physical postures to maintain health and well-being. Liu Zi Jue: Six Sounds Approach to Qigong Breathing Exercises is an accessible, fully-illustrated guide to this particular qigong exercise, which focuses on breath control. Liu Zi Jue regulates and controls the rise and fall of Qi (vital energy) through the inhalation and exhalation of six sounds. The exercises feature slow, gentle movements that are safe and easy to learn and are suitable for people of all ages and in all conditions of health. The routine strengthens the liver, heart, spleen, lungs and kidneys, thus helping to balance the energy and functions of the internal organs, and has also been shown to have a calming effect and to alleviate stress. Each routine is described step-by-step, and is illustrated with photographs and key points. The authors also point out common mistakes and offer advice on how to correct these. Complemented by an appendix of acupuncture points and accompanied by a DVD, this book will be of interest to Qigong and Tai Chi practitioners at all...



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