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# Simple Chi Kung Exercises for Awakening the Life-Force Energy Anntak-Chia and Lee Holden

### SIMPLE CHI KUNG: EXERCISES FOR AWAKENING THE LIFE-FORCE ENERGY (PAPERBACK)

Inner Traditions Bear and Company, United States, 2012. Paperback. Condition: New. Language: English. Brand New Book. Distills the many different Chi Kung practices into one simple daily routine for abundant health, calmness, and mental clarity - Provides step-by-step illustrated instructions for a complete yet easy daily Chi Kung routine - Perfect for beginners and ideal as a warm-up to more advanced practices - Clears physical and mental stress, stimulates healing and disease prevention, detoxifies the body, releases tensions, improves...

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- Authored by Mantak Chia, Lee Holden
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