

Qigong Slow And Strong: The Ancient Chinese Practice for Health, Longevity, and Inner Peace by Jan Glaz



Qigong Slow and Strong by Jan Glaz

★★★★★ 5 out of 5

Language	: English
File size	: 2426 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 44 pages
Lending	: Enabled
Item Weight	: 12.6 ounces
Dimensions	: 9.53 x 0.59 x 6.89 inches



Qigong Slow And Strong is an ancient Chinese practice that has been used for centuries to promote health, longevity, and inner peace. This book by Jan Glaz provides step-by-step instructions and clear illustrations to help you master this gentle yet powerful practice.

Qigong is a mind-body practice that involves gentle movements, deep breathing, and meditation. It is based on the belief that Qi, or life energy, flows through the body along meridians, or energy pathways. By practicing Qigong, you can learn to unblock these meridians and promote the flow of Qi throughout your body.

The benefits of Qigong Slow And Strong include:

- Improved physical health: Qigong can help to improve your circulation, flexibility, balance, and coordination. It can also help to strengthen your immune system and reduce your risk of chronic diseases such as heart disease, stroke, and diabetes.
- Increased mental clarity and focus: Qigong can help to improve your concentration, memory, and cognitive function. It can also help to reduce stress and anxiety, and promote relaxation and sleep.
- Enhanced emotional well-being: Qigong can help to improve your mood, boost your self-esteem, and reduce feelings of depression and anxiety. It can also help to promote a sense of inner peace and well-being.

If you are looking for a gentle and effective way to improve your health and well-being, Qigong Slow And Strong is the perfect practice for you. This book by Jan Glaz will provide you with everything you need to know to get started with this ancient Chinese practice.

Step-by-Step Instructions and Clear Illustrations

Qigong Slow And Strong is written in a clear and concise style, with step-by-step instructions and clear illustrations to help you master the practice. The book is divided into three parts:

1. Part 1: The Basics of Qigong
2. Part 2: The Qigong Slow And Strong Practice
3. Part 3: Putting It All Together

In Part 1, you will learn the basic principles of Qigong, including the concept of Qi, the meridian system, and the different types of Qigong exercises. In Part 2, you will learn the Qigong Slow And Strong practice, which consists of 10 gentle movements that are performed slowly and with deep breathing. In Part 3, you will learn how to put it all together and create a Qigong practice that is tailored to your individual needs.

About the Author

Jan Glaz is a certified Qigong instructor and the author of several books on Qigong and meditation. She has been practicing Qigong for over 20 years and has taught thousands of people how to incorporate this ancient practice into their lives.

Free Download Your Copy Today

If you are ready to experience the benefits of Qigong Slow And Strong, Free Download your copy of the book today. This book will provide you with everything you need to know to get started with this gentle yet powerful practice.

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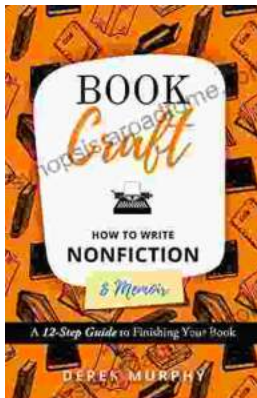
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