



Learn To Practice Qigong: For A Healthy Balanced Life

Sherry Fields

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You can learn Qigong for a healthy balanced life. While the study of Qigong is a life long journey, practice is the key to achieving the correct form, the correct breath and the correct intent. Learn To Practice Qigong will provide you with an outline of the rich history behind this form of energy work as well as some practical exercises that you can begin right away. As you continue with your daily practice you will see improvement in your vitality, your balance and your agility. Qigong is appropriate for all ages and beginners are encouraged to start slowly and develop the correct form for the most benefit. In this case the quality of the exercise is more important than the quantity. Twenty to thirty minutes a day will see a marked improvement in your ability to perform the exercises and your body's stamina.

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