

Download The Art Of Chi Kung Making The Most Of Your Vital Energy

In The Art of Chi Kung, fourth generation Grandmaster Wong Kiew Kit explores the principles and philosophy of chi kung, explaining its beneficial effects, and then guides you through a series of chi kung exercises which you can learn from and practice at home. It includes: Chi Kung for Health and Longevity. Stress Management. This is the most comprehensive study of Chi Kung available and will prove invaluable if you are a beginner or already have some understanding of this ancient art. Sifu Wong Kiew Kit is the fourth generation successor of the Venerable Jiang Nan of the famous Shaolin Monastery in China and grandmaster of the Shaolin Wahnam Institute for Kung Fu and Chi Kung. The Art of Chi Kung: Making the Most of Your Vital Energy. Chi Kung, as well as being an effective means of stress management and healing, is a useful technique for developing the general fitness of the mind and body. Chi Kung, as well as being an effective means of stress management and healing, is a useful technique for developing... Chi kung, spelt as “qigong” in Romanized Chinese, is the art of developing energy, particularly for health, vitality, longevity, mind expansion and spiritual cultivation, irrespective of race, culture and religion. The term “chi kung” is Chinese, but arts of energy have been practised by different peoples, especially in the past when they were kept as top secrets.