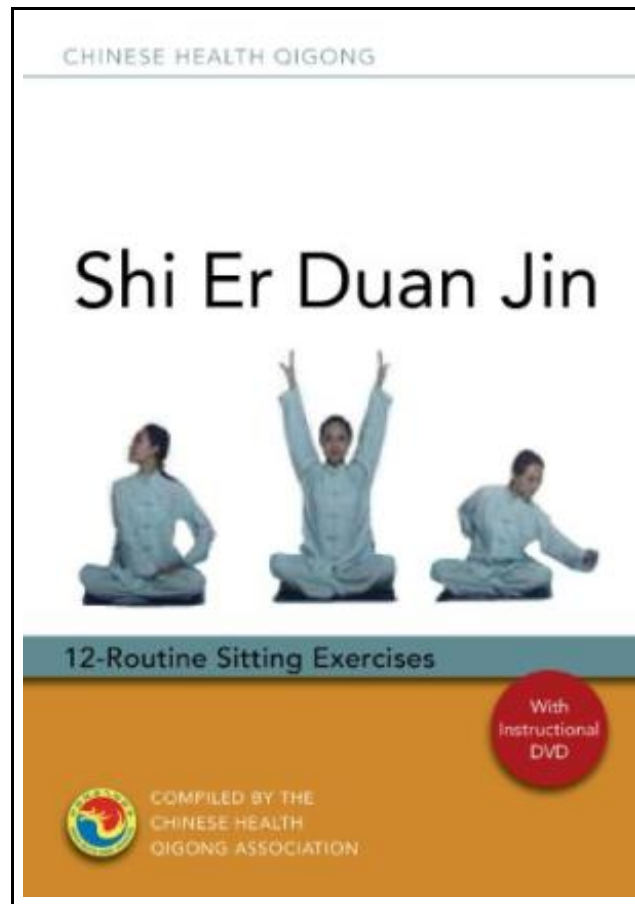


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Reviews

Completely essential read publication. I am quite late in start reading this one, but better then never. You wont truly feel monotony at at any moment of your time (that's what catalogs are for regarding should you question me).

(Nels Runte IV)

SHI ER DUAN JIN: 12-ROUTINE SITTING EXERCISES (MIXED MEDIA PRODUCT)



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JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2014. Mixed media product. Book Condition: New. 220 x 154 mm. Language: English . Brand New Book. This seated qigong sequence synthesizes the principles of its various founding schools and emphasises movements of the neck, shoulders, waist and legs. Often used as warm up or closing exercises, these powerful seated forms are based on exercises that have been practised over millenia in China. Suitable for experienced qigong practitioners as well as beginners, and for all ages and abilities, including people with mobility restrictions, this set of movements involves systematic exercises of the head, neck, shoulders, back, waist, arms, legs, chest and abdomen. Its graceful movements and smooth transitions are safe, reliable and easy to learn. The book provides step-by-step, fully-illustrated instruction on the exercises, together with detailed learning tips and information about the health benefits of each movement, and includes a brief account of the origins of the movements and guidance for practice. An accompanying DVD features a video demonstrating the form and additional information on its history and origins, and a CD provides options for verbal instructions to lead the practitioner through the exercises, or music to accompany them. This simple and accessible regime is perfect for anyone wishing to learn the potent traditional forms, and for teachers looking for effective exercises to teach both individually and in groups, including children, people with disabilities and older people.



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