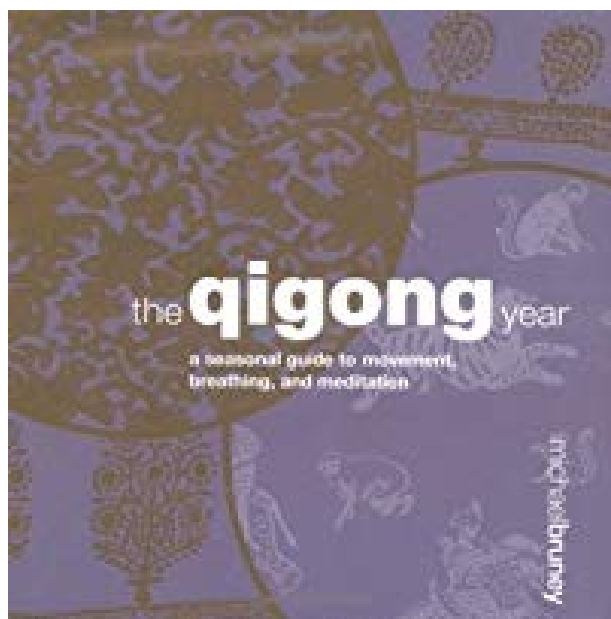


# The Qigong Year: A Seasonal Guide to Movement, Breathing, and Meditation



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Closely related to the popular Chinese martial art Tai Chi, Qigong (pronounced "chee gong") is an ancient self-healing art that combines movement and meditation in holistic workouts that simultaneously develop body and spirit, promoting overall health and vitality. Practiced by millions of Chinese for thousands of years, Qigong is now gaining popularity throughout the world.

The program of exercises, movements, breathing techniques, and visualizations in The Qigong Year is specially designed to mirror the flow of the seasons. The exercises are illustrated with instructive line drawings, and the book features elegant duotones and patterned art accented with gold metallic ink.

Combining vigorous and gentle movement, Qigong exercises help strengthen the body, improve posture, align the spine, and relax shoulder and neck muscles. Three variations of each exercise - seated, standing, and advanced - are described, enabling people of all ages and abilities to easily practice and enjoy the benefits of Qigong. Qigong meditation can help stabilize moods - reducing anger, anxiety, and depression - and improve outlook and self-confidence, making it easier to cope with life's challenges. The powerful affirmation technique, based on repeating positive statements that relate to personal problems or desires, can be practiced anywhere - while driving to work, taking a shower, or doing housework. Includes examples of effective affirmations, as well as guidelines for generating personalized ones to target individual health, work, and relationship challenges.