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# YI JIN JING TENDON-MUSCLE STRENGTHENING QIGONG EXERCISES WITH INSTRUCTIONAL DVD CHINESE HEALTH QIGONG



Singing Dragon. Paperback. Book Condition: New. Paperback. 103 pages. Dimensions: 8.6in. x 6.1in. x 0.6in. Qigong is an aspect of traditional Chinese medicine that involves coordinating breathing patterns with physical postures to maintain health and well-being. Yi Jin Jing Tendon-Muscle Strengthening Exercises is an accessible, fully-illustrated guide to a particular qigong exercise that focuses on turning and flexing the spine. Based on the twelve traditional routines of Yi Jin Jing, the exercises covered in the book feature soft, extended, even movements...

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