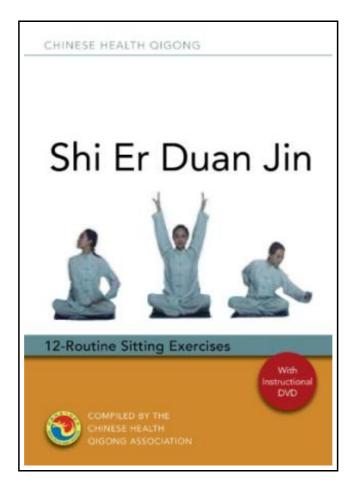
Shi Er Duan Jin: 12-Routine Sitting Exercises (Mixed media product)



Filesize: 7.55 MB

Reviews

It in one of my personal favorite ebook. I was able to comprehended everything using this created e ebook. I am just pleased to tell you that here is the greatest ebook i have got read through within my own lifestyle and may be he finest publication for possibly.

(Timothy Johnson DVM)

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



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.



Read Shi Er Duan Jin: 12-Routine Sitting Exercises (Mixed media product) Online Download PDF Shi Er Duan Jin: 12-Routine Sitting Exercises (Mixed media product)

You May Also Like



Readers Clubhouse Set a Too Too Hot (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Karol Kaminski (illustrator). 220 x 148 mm. Language: English . Brand New Book. This is volume four, Reading Level 1, in a comprehensive program...

Read PDF »



Meet Trouble: Slipcase (Paperback)

Penguin Putnam Inc, United States, 2013. Paperback. Book Condition: New. 230 x 154 mm. Language: English . Brand New Book. A brand-new series for brand-new readers!Introducing a new series for brand-new readers! Each slipcase includes...

Read PDF »



Mother Carey s Chickens (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 228 x 154 mm. Language: English . Brand New Book ***** Print on Demand *****. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children's author...

Read PDF »



Depression: Cognitive Behaviour Therapy with Children and Young People (Paperback)

Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it...

Read PDF »



Music for Children with Hearing Loss: A Resource for Parents and Teachers (Paperback)

Oxford University Press Inc, United States, 2014. Paperback. Book Condition: New. 228 x 156 mm. Language: English . Brand New Book. Written by an expert in the field who is both a teacher and a...

Read PDF »