


[DOWNLOAD](#)


A Woman's Qigong Guide: Empowerment Through Movement, Diet and Herbs

By Yanling Lee Johnson

YMAA Publication Center. Paperback. Book Condition: new. BRAND NEW, A Woman's Qigong Guide: Empowerment Through Movement, Diet and Herbs, Yanling Lee Johnson, Bring balance to your life with Qigong! Stop.Breathe deeply.When was the last time you gave yourself permission to relax, to focus only on yourself, to truly enjoy your body? Although there are so many demands on your time and energy, you cannot forget to take care of yourself: physically, spiritually, and emotionally. Qigong is the simple and natural way to ensure that these needs are met. Combining gentle movements with centuries-old meditation techniques, Qigong is the perfect holistic fitness practice for the busy woman who has only a few minutes to herself in the car, at lunch, or just before falling asleep at night. Yanling Lee Johnson, a survivor of China's Cultural Revolution and a longtime Qigong healer and practitioner, addresses the stresses that women of all stages of life face as they negotiate modern living. Let her teach you simple techniques for maintaining balanced health. This title offers: Practical Instruction for Specific Exercises; Herbal Remedies & Diet; Heal Injuries and Illnesses Within Yourself; Special Instructions for Mothers and their Babies; and, Tips for Weight Loss, Depression &...



READ ONLINE
[3.74 MB]

Reviews

Simply no phrases to describe. It is actually rally interesting through reading time period. Your lifestyle period will probably be transform the instant you complete reading this article book.

-- **Rowland Bauch**

If you need to adding benefit, a must buy book. I am quite late in start reading this one, but better then never. I am happy to inform you that this is the best book i have read through during my own lifestyle and can be he best publication for at any time.

-- **Mrs. Phoebe Schimmel**