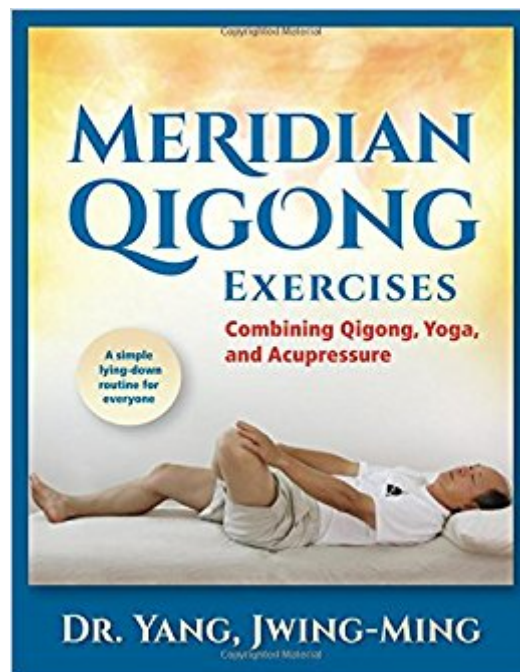




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Meridian Qigong Exercises: Combining Qigong, Yoga, & Acupressure



Synopsis

A SIMPLE LYING DOWN ROUTINE FOR EVERYONE Each morning before getting out of bed, Dr. Yang, Jwing-Ming practices a series of movements he has combined based on decades of experience. In Meridian Qigong Exercises, Dr. Yang teaches you his special daily exercise routine. Follow along and learn how a unique combination of simple yoga stretches, qigong movements, and acupressure techniques can relieve energy stagnation and rejuvenate your entire body. All the exercises can be performed lying down or sitting, if preferred. Meridian qigong will quickly improve your general health, helping you to heal and preventing injuries. With regular practice you will notice your entire body feels loose and comfortable. You will react to stress with a greater sense of calm, and your circulation will increase. With this book you will Understand the link between yoga and qigong Learn basic acupressure with traditional tui na (pushing and grabbing) and dian xue (cavity pressing) techniques Supplement your qigong practice with yoga stretches Know which acupoints and meridians to stimulate Relieve many common ailments, including insomnia

In this book, I have compiled this qigong practice from my more than fifty years of practicing and teaching experience,â • Dr. Yang writes. â I sincerely hope that Meridian Qigong Exercises are able to inspire you and make your life healthier.â • Dr. Yang is among the world's most respected instructors of martial arts, tai chi, and qigong. Meridian Qigong Exercises is a profound addition to his incredible body of work.

Book Information

Paperback: 184 pages

Publisher: Ymaa Publication Center; 1 edition (April 28, 2017)

Language: English

ISBN-10: 159439413X

ISBN-13: 978-1594394133

Product Dimensions: 7.2 x 0.4 x 9.4 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 8 customer reviews

Best Sellers Rank: #39,294 in Books (See Top 100 in Books) #4 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #34 in Books > Sports & Outdoors > Individual Sports > Martial Arts #107 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

Yang, Jwing-Ming, PhD, is a world-renowned author, scholar, and teacher. He has been involved in

Chinese martial arts since 1961 and maintains over 55 schools in 18 countries. Dr. Yang's writing and teaching include the subjects of kung fu, tai chi chuan, massage, meditation, and chin na, and he is a leading authority on qigong. Dr. Yang is the author of over 35 books and 80 videos.

Take care of your own health. This clearly illustrated and photographed set of exercises will show you exactly how to give yourself a Tui Na and Dian Xue massage. Tui na means to push and grab and Dian Xue means pointing in the cavity, some of the same cavities used in acupuncture. This method uses pressure, not needles. You perform the routines while laying down in the comfort of your own home. Dr. Yang Jwing-Ming shows the movements on his own body using close up photography. The direction of the massage and the way to circle the fingers is very clearly shown. The back of the book addresses fundamental theory and uses line drawings to show the network of qi vessels and channels. Buddhist and Daoist Qigong Concepts are also explained in simple terms. There is a fine glossary of Chinese terms for those who are new to the system and may not be familiar with some of the words or ideas. What could be easier? Buy and read the book and then relax and take care of yourself.

Meridian Qigong Exercises by Dr. Yang, Jwing-Ming is a recent 2016 publication on Qigong Exercises and includes some Yoga and Acupressure techniques. Dr. Yang is an acknowledged master on Qigong and there are a number of other books and DVD's (all published by YMAA) on various aspects of Qigong by Dr Yang. Qigong Theory is clearly presented in chapter 3. A number of Qigong Exercises are presented for maintaining health in various parts of the body. Massage techniques are introduced as well. This beginner's level book is an excellent set of instructions for maintaining health. The techniques presented are clearly explained and shown by clear photographs and very easy to follow. Highly recommended for health maintenance and easily complements and surpasses many western medicine approaches to health maintenance. Highly recommended for people of all ages.

Dr. Yang has an extensive background in Chinese Martial Arts and Qigong, and I have a number of his books and videos. This book is excellent as expected. I have dealt with YMAA (Dr. Yang's org.) often in the past and have never been disappointed. There are a couple of illustrations in the book that could be clearer, but there is an accompanying video if you need it. (I haven't purchased it so can't review it.) I am over 70 and I have started doing the exercises in the book and find most of them easy to do.

I already had the dvd by this title, but I found the book to be a valuable and excellent and extensive source of information all on its own. The information provided is in-depth - yet is explained in an easy to understand manner. Readers will also find the photos to be clear and helpful in supporting the written information provided. Another great book by Dr. Yang, Jwing-Ming.

In Dr. Yang's first new qigong book in 10 years, he shares his own personal combination of easy qigong and yoga. Fantastic!

Dr Yang Jwing Ming has a knack for creating succinct and usable work. This book offers just that. Good and usable information. Clearly identifies point and channel (meridian) location. This is one that will be used on and off for a very long time.

I started using these simple exercises for the last few weeks. I am 64 years old and do martial arts. I feel more relaxed and flexible during the day after doing these qigong moves in the morning. There are pictures and drawing explaining the moves, and it does not take too long to do them. Dr. Yang, Jwing Ming combines qigong, yoga and acupressure. This is a natural workout, that can help generate Qi, and can be quickly learned and applied.

Great book. Good for all ages that are into staying healthy

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