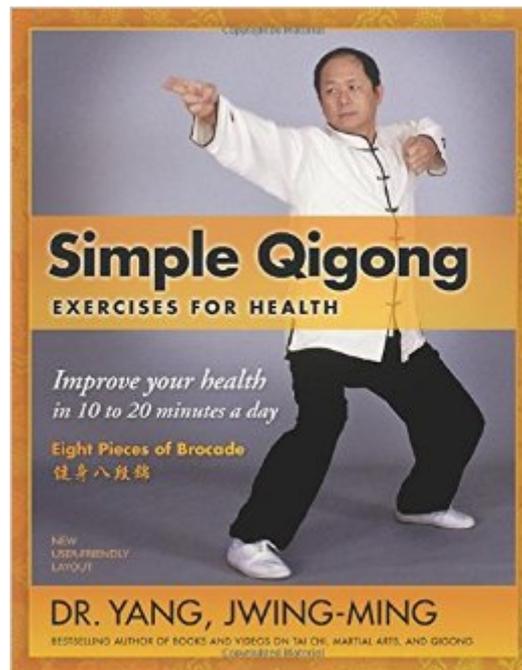


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# Simple Qigong Exercises For Health: Improve Your Health In 10 To 20 Minutes A Day



## Synopsis

This revised edition of our best-selling beginner qigong book includes a new and modern easy-to-follow layout. Every qigong movement is presented with large photographs and clear instructions, followed by an analysis of how the movements aid in improving health. Two qigong routines are included. The Sitting Set can be performed on the floor. The Standing Set can be performed in a small space and emphasizes a full body qigong exercises.

## Book Information

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## Customer Reviews

Simple Qigong Exercises for Health is a terrific book for those interested in learning about qigong and it's wonderful benefits to health and wellness. I have been a practitioner of Chinese martial arts and qigong for over 15 years, and am very familiar with the standing set of the Eight Pieces of Brocade (Baduanjin). Even so, I found this book to be very informative as Dr. Yang explains the benefits of each exercise and its specific qigong principles, something that I wasn't sure of prior to reading this book. The history of qigong and the Baduanjin set is discussed in Chapter 1. Chapter 2 focuses on Qigong theory and principles; chapter 3 discusses the sitting Baduanjin; chapter 4 describes the standing Baduanjin; chapter 5 is the conclusions. Having only five chapters and a total 83 pages in length (not including the glossary or index), this book is an easy read. Qigong basic concepts are presented clearly and are easily understood. The Eight Pieces of Brocade (Baduanjin) exercises presented by Dr. Yang, Jwing-Ming are clearly illustrated with step-by-step photos accompanied with movement descriptions. I would recommend beginners to also invest in the DVD

companion to the book. The Baduanjin exercises are simple enough for seniors, or for others who may be restricted in movement, or not yet comfortable enough to attempt tai chi. Through these low-impact exercises, practitioners will be able to gain more mobility, flexibility, increase strength and stamina, and generally experience "feeling better."

The book is very comprehensive however, I already had the Kindle version of this book then saw the enhanced edition. The enhanced edition does not work with Kindle App for Android, PC, or Kindle Cloud Reader. You must have the following for the enhanced edition to work: Kindle Editions with Audio/Video are supported on: Fire HD (5th Generation) Fire (5th Generation) Fire HDX (4th Generation) Fire HD (4th Generation) Kindle Fire HDX (3rd Generation) Kindle Fire HD (3rd Generation) Kindle Fire HD (2nd Generation) Kindle Fire (2nd Generation) Kindle for iPad, iPhone, and iPod touch

I have been a martial artist since I was a young boy learning jujitsu at the local YMCA. I have studied CoungNu, TaeKwonDo, Akido, Military Hand to Hand Combat, Taiji, Wing Chun Gungfu and Chi Gung. Initially my practice was always on external martial arts, however as I aged I discovered the more internal arts. This book is an excellent historical and practical guide to the Eight Pieces Brocade form both sitting and standing. I found the details to be insightful aiding my practice and enhancing the successes I had achieved over the last 5 years. This is considered a beginners introduction, however there are many valuable pieces of wisdom to be found amidst the pages. Highly recommend for anyone who wants to live a better life. I plan to give copies of this book to many friends and relatives.

Very much like the book except for this has demonstrations. I found that very helpful. This is a great way to learn 8 pieces brocade if you can't find a local teacher. You might also like the video streaming version of the standing and sitting routines. You won't need it, with this book. But, you might like it anyway.

Dr. Yang Jwing-Ming has provided the reader with a basic introduction to Qigong. This easy to read introduction provides the new student with a definition, brief history, followed by the why and how of Qigong. Further, the exercises in the book are illustrated in a manner that is easy to follow. In short, Dr. Yang Jwing-Ming has given the new student of Qigong an accessible and practical book regarding the history, theory and practice of Qigong.

Outstanding! Dr. Yang sure knows how to make it simple and easy to follow. Dr. Yang discusses with lots of photos sitting and standing exercises for the Eight Pieces of Brocade. Anyone can follow this. I also appreciated the discussions about the history of the Eight Pieces of Brocade as well as the Qigong training theory. I like a little background on subjects. I find that it helps define the exercise.

Excellent beginner book. It explains the reasoning, and history of Qigong which clarifies the "why" of movements. It illustrates positions and movements with fine photos. This book is concise, understandable, and persuasive, as well as instructive.- and not too long. It came in a short time.. I highly recommend it.

While, I think there is a little too much history for a health book, I thought this was a good introduction to Qigong. Qigong I have heard from other people is very relaxing.I liked the fact that the author tried to explain some of the concepts of Chinese Medicine. I have taken a couple of classes in Tai Chi where they did not explain the theory behind chi (energy) and I think it made the class confusing for Westerners. Also these instructors did not explain the mind/body connection of these exercises.Unlike many exercise books, the exercise program the author presents seems very easy to do for busy people. I did not have the DVD/Video so I will need to go online to see some of the exercises performed.I am somewhat familiar with Yoga. The exercises in Qigong (and Tai Chi) seem much gentler than Yoga. Also they seem easier to incorporate into day to day life. I once had a very dedicated Yoga teacher from India who spent two hours every day practicing yoga and she said people there spent all day doing Yoga. While I appreciate these people's dedication and believe it might have very positive results in terms of health both physical and mental, it is hard for people to do in the USA.I wish the author better explained the connection between the different branches of Chinese Medicine/Practices such as acupuncture, Tai Chi, and Kung Fu.I received a free copy of this book in exchange for an honest review.

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