



The Essence of Chi-Gung: A Handbook of Basic Forms for Daily Practice

Daniel P. Reid

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The view in Chinese medicine is that good health is maintained by circulating and increasing "chi," the vital life energy that we are all born with. In chi-gung practice, slow, rhythmic breathing is synchronized with body movements, which is beneficial to both the nervous and immune systems, and to overall health.

This straightforward, easy-to-use book lays out a simple, basic chi-gung regimen for daily practice. Written by Daniel Reid, a well-known authority on the Chinese health arts of chi-gung, tai chi, acupuncture, and Chinese herbal medicine, this handbook includes warm-up exercises, movement forms, and meditations to be done daily to promote overall health and increase vitality.

This manual includes over fifty step-by-step illustrations with detailed descriptions.



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