

To the dedicated qi gong practitioner, the body is a wellspring of health and vitality. Qi gong (literally energy practice) is a way to tend to the body with understanding, compassion, and love. With The Qi Healing Kit, Lee Holden immerses us in the key practices of qi gong and Taoist meditation for self-healing, stress and pain reduction, energy enhancement, emotional balance, and spiritual insight. Designed to help us access the full potential of our natural healing abilities, this multimedia program includes: Two CDs featuring The Healing Sounds Practice for detoxification and mind-body harmony and Microcosmic Orbit Meditation to infuse you with life-force energy and boost immunity; - DVD with two daily qi gong sessions using gentle movement, breathwork, and simple acupuncture to activate your powers of rejuvenation and healing; - 52-page workbook with energy self-assessments, overviews of each practice in the program, journaling exercises, and additional instruction in qi g

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To the dedicated qi gong practitioner, the body is a wellspring of health and vitality. Qi gong (literally energy practice) is a way to tend to the body with. Lee Holden - The Qi Healing Kit (Energy Practices for Health & Vitality) (CD) / Performer: Lee Holden ; ; New Age, Music. Booktopia has Qi Healing Kit, Energy Practices for Health and Vitality by Lee Holden. Buy a discounted Activity Kit of Qi Healing Kit online from Australia's. Qi Healing by Lee Holden Energy Practices for Health and Vitality Never opened package eBay!. More items related to this product. The Qi Healing Kit: Energy Practices for Health and Vitality by Lee Holden item 1 The Qi Healing Kit: Energy Practices. To the dedicated qi gong practitioner, the body is a wellspring of health and vitality. Qi gong (literally "energy practice") is a way to tend to the body with. Qi Gong for Health and Healing immerses you in a comprehensive training. The Qi Healing Kit: Energy Practices for Health & Vitality [With 20 Cards and. Chi Kung For Health And Vitality has 49 ratings and 1 review. James said: A very well written book about Chi Kung (QiGong). Wong Kiew Kit is a master tra. Qi Healing Kit: Energy Practices for Health and Vitality A. Lee Holden. ? Kit. Taoist Sexual Secrets: Harness Your Qi Energy for Ecstasy, Vitality, and. Chi Kung for Health and Vitality Wong Kiew Kit. Heal Yourself with Qigong: Gentle Practices to Increase Energy, Restore Health and Relax. A Practical Approach to the Art of Energy Kiew Kit, Wong of personal practice without a master's help "vital energy flows harmoniously along the student's spine. Before Sifu Andrew Barnett from Switzerland learned chi kung healing from. Qigong is a system practiced for health maintenance, healing, and vitality, and it's her clients commonly practice qigong for stress relief and increased energy. The Qi Healing kit is presented by Lee Holden, a Qi Gong, of strategies for both physical healing and emotional/spiritual growth. Holden teaches the fire method, or bringing the energy up from the back body and then down the front. In the DVD (which lists Play All " Introduction " Standing Practice. This complete kit for self-healing through the Art of Qi Gong is the key to a body overflowing with health and vitality. Qi gong literally means energy practice and. Simple, Effective Techniques to Help You Boost Your Vitality and Feel Better Now With The Energy Medicine Kit, this acclaimed healer and energy medicine boost your energy levels, address many specific health problems, and foster overall health. You begin by learning a powerful Daily Energy Practice that combines.

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