



## **Yi Jin Jing: Tendon-Muscle Strengthening Qigong Exercises (Chinese Health Qigong)**

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Qigong is an aspect of traditional Chinese medicine that involves coordinating breathing patterns with physical postures to maintain health and well-being. Yi Jin Jing/ Tendon-Muscle Strengthening Exercises is an accessible, fully-illustrated guide to a particular qigong exercise that focuses on turning and flexing the spine. Based on the twelve traditional routines of Yi Jin Jing, the exercises covered in the book feature soft, extended, even movements that invigorate the limbs and internal organs. In particular, practice of the Yi Jin Jing exercises improves flexibility, balance and muscular strength, and has a beneficial effect on the respiratory system. Each routine is described step-by-step and is illustrated with photographs and key points. The authors also point out common mistakes and offer advice on how to correct these. Complemented by an appendix of acupuncture points and accompanied by a DVD, this book will be of interest to Qigong and Tai Chi practitioners at all levels, students of martial arts and anyone interested in Chinese culture.

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