



The Theory and Practice of Taiji Qigong

Chris Jarmey

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Taiji Qigong is an easy-to-learn system of energy-enhancing exercises, which coordinates movement with breathing and inner concentration. If practiced regularly, it will give you more energy, improve health and help prevent illness. Taiji Qigong is widely practiced throughout the Far East and increasingly throughout the Western world. Research indicates that Qigong relaxes the muscles and nervous system (so improving the function of the body systems) and benefits posture, balance and flexibility of joints. This book acts as an in-depth instruction manual for the practice of the 18 Stances of Taiji Qigong (Taiji Qigong Shibashi), which is widely practiced throughout the Far East and increasingly throughout the Western world. Many of the exercises are loosely based on the movements and stances of Taiji Quan. Broken into 3 parts, the book covers: the theory and practice of Qi and Qigong; the general principles of Qigong practice, and the 18 Movements of Taiji Qigong.

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