

Qigong For Beginners From Suzanne Friedman

Qigong for Beginners

Cleanse the Qi	To Release Stress	HYSWQ pg 32
Stretch and Support the Sky	To Invigorate the Body	HYSWQ pg 36
Open Heaven Close Earth	To Soothe the Nerves	HYSWQ pg133
Ascend & Descend the Qi	To Loosen Back & Waist	HYSWQ pg 79
Flying Crane Spreads Its Wings	To Relieve Emotions	HYSWQ pg 136
Gathering the Qi	To Vitalize & Energize the Body	HYSWQ pg 39
Qigong Self-Massage	To Rejuvenate the Face & Brain	HYSWQ pg 42
Acu-Point Tapping	To Disperse Aches & Blockages	HYSWQ pg 44