

<<健身气功>>

图书基本信息

书名：<<健身气功>>

13位ISBN编号：9787119078717

10位ISBN编号：7119078712

出版时间：2012-7

出版时间：外文出版社

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页数：99

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### 内容概要

Health Qigong — 12-Routine Exercises is a new exercise regimen developed by the Chinese Health Qigong Association. This new compilation of movements synthesizes the essence of different schools of the original exercise and puts more emphasis on the movements of the neck, shoulders, waist and legs. This is a sitting-posture regimen that involves systematic exercise of the head, neck, shoulders, back, waist, arms, legs, chest and abdomen one after another. It has graceful movements and smooth links which are safe, reliable, easy to learn, and suitable for various kinds of qigong enthusiasts. Qigong practice offers disease-preventing, body-building, and life-prolonging effects.

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