

<<十二段锦>>

图书基本信息

书名：<<十二段锦>>

13位ISBN编号：9787119078922

10位ISBN编号：7119078925

出版时间：2012-7

出版时间：外文出版社

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页数：106

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### 内容概要

国家体育总局健身气功管理中心编写的这本《健身气功：十二段锦》的英文内容简介如下： 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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书籍目录

正文(法文)

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编辑推荐

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