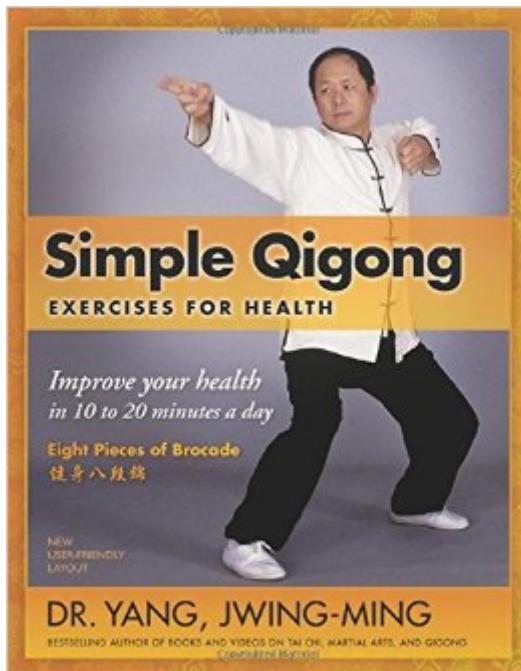


The book was found

Simple Qigong Exercises For Health: Improve Your Health In 10 To 20 Minutes A Day



Synopsis

This revised edition of our best-selling beginner qigong book includes a new and modern easy-to-follow layout. Every qigong movement is presented with large photographs and clear instructions, followed by an analysis of how the movements aid in improving health. Two qigong routines are included. The Sitting Set can be performed on the floor. The Standing Set can be performed in a small space and emphasizes a full body qigong exercises.

Book Information

Paperback: 136 pages

Publisher: Ymaa Publication Center; 2nd ed. edition (October 16, 2013)

Language: English

ISBN-10: 1594392692

ISBN-13: 978-1594392696

Product Dimensions: 7.3 x 0.4 x 9.4 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (22 customer reviews)

Best Sellers Rank: #819,201 in Books (See Top 100 in Books) #250 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #264 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine #418 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong

Customer Reviews

Simple Qigong Exercises for Health is a terrific book for those interested in learning about qigong and its wonderful benefits to health and wellness. I have been a practitioner of Chinese martial arts and qigong for over 15 years, and am very familiar with the standing set of the Eight Pieces of Brocade (Baduanjin). Even so, I found this book to be very informative as Dr. Yang explains the benefits of each exercise and its specific qigong principles, something that I wasn't sure of prior to reading this book. The history of qigong and the Baduanjin set is discussed in Chapter 1. Chapter 2 focuses on Qigong theory and principles; chapter 3 discusses the sitting Baduanjin; chapter 4 describes the standing Baduanjin; chapter 5 is the conclusions. Having only five chapters and a total 83 pages in length (not including the glossary or index), this book is an easy read. Qigong basic concepts are presented clearly and are easily understood. The Eight Pieces of Brocade (Baduanjin) exercises presented by Dr. Yang, Jwing-Ming are clearly illustrated with step-by-step photos accompanied with movement descriptions. I would recommend beginners to also invest in the DVD

companion to the book. The Baduanjin exercises are simple enough for seniors, or for others who may be restricted in movement, or not yet comfortable enough to attempt tai chi. Through these low-impact exercises, practitioners will be able to gain more mobility, flexibility, increase strength and stamina, and generally experience "feeling better."

The book is very comprehensive however, I already had the Kindle version of this book then saw the enhanced edition. The enhanced edition does not work with Kindle App for Android, PC, or Kindle Cloud Reader. You must have the following for the enhanced edition to work Kindle Editions with Audio/Video are supported on: Fire HD (5th Generation) Fire (5th Generation) Fire HDX (4th Generation) Fire HD (4th Generation) Kindle Fire HDX (3rd Generation) Kindle Fire HD (3rd Generation) Kindle Fire HD (2nd Generation) Kindle Fire (2nd Generation) Kindle for iPad, iPhone, and iPod touch

I have been a martial artist since I was a young boy learning jujitsu at the local YMCA. I have studied CoungNu, TaeKwonDo, Akido, Military Hand to Hand Combat, Taiji, Wing Chun Gungfu and Chi Gung. Initially my practice was always on external martial arts, however as I aged I discovered the more internal arts. This book is an excellent historical and practical guide to the Eight Pieces Brocade form both sitting and standing. I found the details to be insightful aiding my practice and enhancing the successes I had achieved over the last 5 years. This is considered a beginners introduction, however there are many valuable pieces of wisdom to be found amidst the pages. Highly recommend for anyone who wants to live a better life. I plan to give copies of this book to many friends and relatives.

Very much like the book except for this has demonstrations. I found that very helpful. This is a great way to learn 8 pieces brocade if you can't find a local teacher. You might also like the video streaming version of the standing and sitting routines. You won't need it, with this book. But, you might like it anyway.

Dr. Yang Jwing-Ming has provided the reader with a basic introduction to Qigong. This easy to read introduction provides the new student with a definition, brief history, followed by the why and how of Qigong. Further, the exercises in the book are illustrated in a manner that is easy to follow. In short, Dr. Yang Jwing-Ming has given the new student of Qigong an accessible and practical book regarding the history, theory and practice of Qigong.

Outstanding! Dr. Yang sure knows how to make it simple and easy to follow. Dr. Yang discusses with lots of photos sitting and standing exercises for the Eight Pieces of Brocade. Anyone can follow this. I also appreciated the discussions about the history of the Eight Pieces of Brocade as well as the Qigong training theory. I like a little background on subjects. I find that it helps define the exercise.

Excellent beginner book. It explains the reasoning, and history of Qigong which clarifies the "why" of movements. It illustrates positions and movements with fine photos. This book is concise, understandable, and persuasive, as well as instructive.- and not too long. It came in a short time.. I highly recommend it.

While, I think there is a little too much history for a health book, I thought this was a good introduction to Qigong. Qigong I have heard from other people is very relaxing.I liked the fact that the author tried to explain some of the concepts of Chinese Medicine. I have taken a couple of classes in Tai Chi where they did not explain the theory behind chi (energy) and I think it made the class confusing for Westerners. Also these instructors did not explain the mind/body connection of these exercises.Unlike many exercise books, the exercise program the author presents seems very easy to do for busy people. I did not have the DVD/Video so I will need to go online to see some of the exercises performed.I am somewhat familiar with Yoga. The exercises in Qigong (and Tai Chi) seem much gentler than Yoga. Also they seem easier to incorporate into day to day life. I once had a very dedicated Yoga teacher from India who spent two hours every day practicing yoga and she said people there spent all day doing Yoga. While I appreciate these people's dedication and believe it might have very positive results in terms of health both physical and mental, it is hard for people to do in the USA.I wish the author better explained the connection between the different branches of Chinese Medicine/Practices such as acupuncture, Tai Chi, and Kung Fu.I received a free copy of this book in exchange for an honest review.

[Download to continue reading...](#)

Simple Qigong Exercises for Health: Improve Your Health in 10 to 20 Minutes a Day Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without (Vision Therapy, Optometry, Eyesight

Improvement) The Methods of Zhineng Qigong Science (Teaching Zhineng Qigong) (Volume 1) The 7-Minute Back Pain Solution: 7 Simple Exercises to Heal Your Back Without Drugs or Surgery in Just Minutes a Day Kegel Exercises for Men: PC Muscle Exercises to Improve Sexual Health & Performance Pilates For Golf - 5 Exercises In 5 Minutes To Improve Your Game 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Qigong Meditations: Taoist Inner Healing Exercises with Ken Cohen Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) 30 Days Grain-Free: A Day-by-Day Guide and Meal Plan for Beginning a Grain-Free Diet - Improve Your Digestion, Heal Your Gut, Increase Your Energy, Lose Weight, and More! My Horse Riding Makeover: 10 Simple Equestrian Lessons, Habits and Exercises you need to know to improve your horseback riding today Five Good Minutes: 100 Morning Practices to Help You Stay Calm and Focused All Day Long (The Five Good Minutes Series) The Stretch Workout Plan: Simple Exercises to Improve Flexibility, Increase Mobility and Relieve Tension Awareness Through Movement: Easy-to-Do Health Exercises to Improve Your Posture, Vision, Imagination, and Personal Awareness Opening the Energy Gates of Your Body: Qigong for Lifelong Health Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) How To Improve Your Vision Naturally: Strategies and Exercises to Restore Your Eyesight Chakra for Sex: Harnessing the Sexual Energy: Lessons, Poses and Exercises to Open up Your Sacred Chakra and Improve Your Sex Life: Sex Improvement, Book 2

[Dmca](#)