

QiGong Illustrated By Christina Barea

By Christina Barea

Christina Barea is an ordained Daoist priest who holds a master's degree in medical qigong (MMQ) from the International Institute of Medical Qigong (IIMQ), where

This is the companion set of qigong for Christina's book "Qigong Illustrated" On the series premier of The Rising Lotus Qigong, Christina Barea-Young & Peyton

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Excerpt from "Qigong Illustrated" Three Applications of Qigong Christina Barea is an ordained Daoist priest who holds a master's degree in medical qigong

Ebook: Qigong Illustrated Christina Barea. TABLE 6.1 Balancing Internal Organ Qi With the Five Elements The purpose of the Daoist Five Yang is to activate the

Learn the importance of correct posture alignment This is an excerpt from Qigong Illustrated by Christina Barea. Read more about Qigong Illustrated.

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