



## Qi gong (Salud Holística) (Spanish Edition)

*Fabio- Shvarztman, Jorge Budris*

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El Qi Gong, el secreto de la salud y la longevidad. La sabiduría china milenaria posee secretos de antiguos maestros acerca del mantenimiento de la salud y la longevidad a través del Qi Gong, un arte que centra sus técnicas en el dominio de la energía. Esta gimnasia china que sigue los principios de los meridianos y los puntos de acupuntura, permite mantenerse más saludables y vivir con una mejor calidad de vida a través del mejoramiento, el desbloqueo y la concentración consciente de la energía de nuestro cuerpo y mente. La filosofía del Qi Gong, sus fundamentos y el sistema energético del cuerpo humano. Ejercicios simples para acercarse a la alquimia oriental taoísta, el control de la mente, el manejo de la energía y la respiración. Las posturas estáticas y dinámicas. La aplicación del Qi Gong para el tratamiento de diferentes problemas de salud.

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