

Eight Simple Qigong Exercises For Health: The Eight Pieces Of Brocade By Yang Jwing-Ming;Jwing-Ming Yang

By Yang jwing-Ming;Jwing-Ming Yang

Eight Simple Qigong Exercises For Health for each of the qigong movements and the history of the Eight Pieces of Brocade. Qigong Meditation Jwing-Ming, Yang

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Variously translated as Eight Pieces of Brocade, Eight-Section Brocade, Eight Silken Movements or as a form of medical qigong, meant to improve health.

http://en.wikipedia.org/wiki/Baduanjin_qigong

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