



# Manual práctico de Chi Kung (Alternativa / Alternative) (Spanish Edition)

*Alberto Marpez*

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Nacido de la incommensurable sabiduría china, el Chi Kung es uno de los sistemas más completos de crecimiento individual, utilizando los mismos principios que la acupuntura para lograr efectos similares o superiores a la misma. Sus herramientas son los movimientos suaves, la respiración profunda, la visualización y la consciencia. El resultado: la más increíble transformación personal en todos los niveles: físico, emocional, mental y espiritual. Los beneficios comprobados del Chi Kung abarcan muchos trastornos: Hipertensión, cáncer, artrosis, artritis, falta de vitalidad, desequilibrios nerviosos, diabetes, problemas sexuales, mejoramiento de la inteligencia, fortalecimiento del sistema inmunológico, crecimiento espiritual, transmisión de energía a distancia, ampliación de la consciencia, asma y enfermedades respiratorias. En este libro se podrán encontrar los conocimientos necesarios para mejorar la salud, equilibrar las emociones, serenar la mente y elevar el espíritu. Si se quiere alcanzar nuevos niveles de vitalidad, rejuvenecimiento, flexibilidad y paz interior, aquí se encontrarán las respuestas.

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