



Qi Gong for Total Wellness: Increase Your Energy, Vitality, and Longevity with the Ancient 9 Palaces System from the White Cloud Monastery

Baolin Wu, Jessica Eckstein

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Qi Gong for Total Wellness is a clear, illustrated guide to Qi Gong, the ancient self-healing art that combines movement, meditation, and visualization to boost energy and improve health. Author Baolin Wu specializes in Nine Palaces Solar Qi Gong which works with the energy of the sun, and trains practitioners to expel toxins and intake healthy *qi* through the nine openings--palaces-- of the body.

This introduction to the concepts of Qi Gong and contains exercises and methods pertaining to each part of the body, with clear instructions how to accurately apply the methods of Solar Qi Gong to increase physical and mental health using this ancient art.

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