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# SHI ER DUAN JIN: 12-ROUTINE SITTING EXERCISES (MIXED MEDIA PRODUCT)



JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2014. Mixed media product. Book Condition: New. 220 x 154 mm. Language: English . Brand New Book. This seated qigong sequence synthesizes the principles of its various founding schools and emphasises movements of the neck, shoulders, waist and legs. Often used as warm up or closing exercises, these powerful seated forms are based on exercises that have been practised over millenia in China. Suitable for experienced qigong practitioners as well as beginners, and for all...

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- Authored by Chinese Health Qigong Association
- Released at 2014



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