

Yi Jin Jing: Tendon-Muscle Strengthening Qigong Exercises [With Instructional DVD] (Chinese Health Qigong)

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This set is based on an original Yi Jin Jing set that dates back to a description of the exercises in the Bibliographic Treatise: History of the Han Dynasty almost

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Yi Jin Jing/ Tendon-Muscle Strengthening Exercises is an accessible guide to a particular qigong exercise that focuses on turning and flexing the spine.

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an array of Yi Jin Jing practice regimes has been developed.The Yi Jin Jing is Da Mo s muscles and tendon strengthening the muscles, tendons and

Muscle tendon change yi jin jing qigong

Yi Jin Jing (Yijin Jing, Yi Gin Ching), whose origin some believe to be nearly 3000 years old, is aimed at strengthening the muscles and tendons through progressive

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