



Taoist Qigong for Health and Vitality: A Complete Program of Movement, Meditation, and Healing Sounds

Sat Chuen Hon

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Qigong is a traditional Chinese movement practice that is most often done to maintain health or to relieve specific illnesses. Here, Sat Chuen Hon, a master teacher and practitioner of traditional Chinese medicine and Taoist healing arts, presents a system of six gentle yet invigorating exercises, along with complementary meditations and vocalizations, which can improve overall health and increase energy. Hon includes both the physical exercises and the accompanying meditations and vocalizations, which deepen the healing effects of the practices.

Hon is a warm and humorous guide who makes the practice and philosophy of qigong accessible and relevant. The text includes step-by-step illustrations and is sprinkled with stories and anecdotes from the author's twenty-two years of practice.

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