Nourish the Blood, Tonify the Qi to Promote Longevity, and Calm and Concentrate the Mind to Regulate the Heart: Dao Yin Yang Sheng Gong Foundation Seq - Zhang Guangde

Professor Zhang Guangde's Dao Yin Yang Sheng Gong is part of the Chinese national health program and is the most popular form of Qigong practiced across the globe. This book contains step-by-step inst