



Simple Qigong Exercises

- Over 30 Qigong Exercises
- Self & Partner Massage Techniques
- Relieve & Heal Arthritis Naturally
- Prevent Illness by Improving Qi and Blood Flow

for Arthritis Relief



DR. YANG, Jwing-Ming

Arthritis Relief

Chinese Qigong for
Healing and Prevention

氣功防治關節炎

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3rd
Edition

QIGONG—HEALTH AND HEALING

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