

# QUOTATIONS FROM G. I. GURDJIEFF'S TEACHING

*A personal interpretation*



M. W. THRING

# Quotations From G I Gurdjieffs Teaching

**JL Elias**



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web long term practice of wushu has the effect of fitness and regimen on people s body and mind the specific effects of fitness and regimen are also multi faceted different wushu exercises and actions have many different effects on people s mind and body 3 1 the fitness function of wushu long term practice of wushu can exercise the muscles