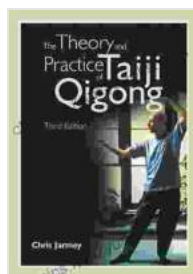


# The Theory And Practice Of Taiji Qigong: An In-Depth Guide

Taiji Qigong is a gentle, flowing form of exercise that combines movement, breathing, and meditation. It is based on the principles of traditional Chinese medicine, and is believed to promote health and well-being by improving the flow of qi, or energy, throughout the body.

The Theory and Practice of Taiji Qigong is a comprehensive guide to this ancient Chinese practice. Written by Dr. Yang, Jwing-Ming, a world-renowned master of Taiji Qigong, this book provides a detailed overview of the history, principles, and techniques of the art.



## The Theory and Practice of Taiji Qigong by Chris Jarmey

★★★★☆ 4.8 out of 5  
Language : English  
File size : 23948 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 192 pages



The book begins with a brief history of Taiji Qigong, tracing its roots back to ancient China. Dr. Yang then discusses the basic principles of Taiji Qigong, including the concept of qi, the importance of relaxation, and the use of proper body mechanics.

The heart of the book is a detailed explanation of the Taiji Qigong forms. Dr. Yang provides step-by-step instructions for each form, along with clear photographs and illustrations. He also offers helpful tips on how to practice the forms correctly and how to troubleshoot common problems.

In addition to the forms, the book also includes a section on the theory of Taiji Qigong. Dr. Yang discusses the energetic pathways of the body, the role of the mind in Taiji Qigong, and the use of the art for self-healing.

The Theory and Practice of Taiji Qigong is an invaluable resource for anyone who is interested in learning more about this ancient Chinese practice. Whether you are a beginner or an experienced practitioner, you will find this book to be a comprehensive and informative guide.

### **What You Will Learn from The Theory And Practice Of Taiji Qigong**

- The history of Taiji Qigong
- The basic principles of Taiji Qigong
- The Taiji Qigong forms
- The theory of Taiji Qigong
- The use of Taiji Qigong for self-healing

### **Benefits of Taiji Qigong**

Taiji Qigong has been shown to have a number of benefits for health and well-being, including:

- Improved balance and coordination
- Increased flexibility and range of motion

- Reduced stress and anxiety
- Improved sleep quality
- Boosted immunity
- Reduced pain and inflammation
- Improved cardiovascular health
- Increased longevity

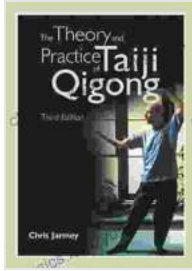
## **Who Can Benefit from Taiji Qigong?**

Taiji Qigong is a gentle, low-impact exercise that is suitable for people of all ages and fitness levels. It is especially beneficial for people who are looking to improve their health and well-being, reduce stress, or recover from an injury.

## **About the Author**

Dr. Yang, Jwing-Ming is a world-renowned master of Taiji Qigong. He has been teaching Taiji Qigong for over 40 years and has written over 30 books on the subject. Dr. Yang is the founder of the YMAA (Yang's Martial Arts Association) and the Taiji Qigong Institute. He has taught Taiji Qigong to thousands of students worldwide.

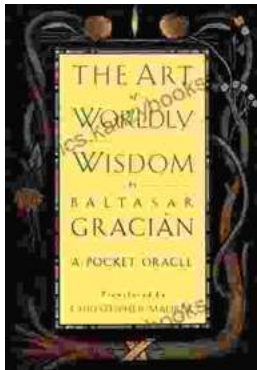
The Theory and Practice of Taiji Qigong is a comprehensive and informative guide to this ancient Chinese practice. Whether you are a beginner or an experienced practitioner, you will find this book to be a valuable resource. Taiji Qigong is a gentle, low-impact exercise that is suitable for people of all ages and fitness levels. It is a powerful tool for improving health and well-being, reducing stress, and recovering from injury.



## The Theory and Practice of Taiji Qigong by Chris Jarmey

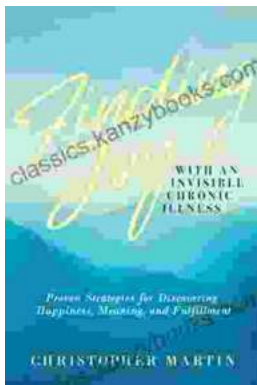
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