



Chi - Gong: die acht Schätze (German Edition)

Friedel Scheede

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Die acht Chi-Gong Übungen beruhen auf einer sehr alten Kunst, die noch vor zwanzig Jahren streng geheim gehalten wurde.

Chi-Gong ist die Kunst der Energiegewinnung.

Woher bekommen wir unsere Energie?

Natürlich durch die Luft, die wir atmen und durch Speisen,
die wir essen.

Die Praxis des Chi-Gong jedoch steigert unsere Energie ganz wesentlich und ermöglicht uns, mehr aus unsrem Leben zu machen. Um den Körper und den Geist Fit und gesund bis ins hohe Alter zu erhalten, empfehle ich, nach althinesicher Erfahrung und Tradition, täglich einige Minuten in die Übungen zu investieren.

Und Sie werden diese Übungen nicht mehr missen wollen.

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