



## Zhineng (Chilel) Qigong: Overview and Foundation Methods (Paperback)

By Hou Hee Chan

Benefactor Press/Chilel Qigong, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Master teacher Hou Hee Chan offers a rare insight into the concepts and methods of Zhineng Qigong--introduced to the West as Chilel Qigong by Hou Hee Chan and his brother, Luke Chan, who have both published works on Zhineng Qigong. This book is unique in that it offers exceptional and in-depth explanations of the basic practices of Zhineng Qigong, originally written in Chinese by Dr. Pang Ming, whose extensive writings include a nine-book series on Zhineng Qigong. As Master Chan has observed, no one can translate Dr. Pang's books as they are written; all one can do is interpret them as closely to the original as possible. Combining his understanding of both the theories and methods of Qigong, Master Chan gives us an opportunity to explore the depths of this ancient Chinese tradition and brings Qigong into the 21st century with his interpretations of these methods for a healthy body and a relaxed, clear mind. Relieve the stress of modern life by taking a journey into the practices of Zhineng Qigong! Master Chan's translation of the foundation methods of...

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