

# Qigong For Health & Martial Arts: Exercises And Meditation (Qigong, Health And Healing) By Yang Jwing-Ming

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Dr. Yang, Jwing-Ming is a renowned author and teacher of Chinese martial arts and Qigong. Born in Taiwan, he has trained and taught Taijiquan, Qigong, and Chinese

### **Qigong - wikipedia, the free encyclopedia**

Qigong, qi gong, chi kung, or chi health, philosophy, or martial arts training, preventive medicine and self-healing, meditation and self-cultivation,

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