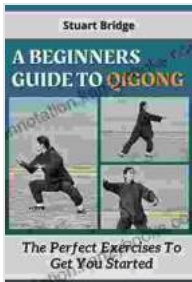


Unveiling the Secrets of Qigong: A Beginner's Guide to Cultivating Vital Energy

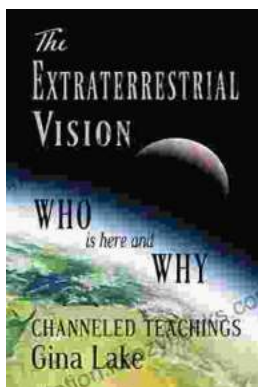
Qigong, an ancient Chinese practice that originated thousands of years ago, is a powerful tool for cultivating vital energy and promoting overall health and well-being.



A Beginners Guide To Qigong: The Perfect Exercise To Get You Started by Georg Feuerstein

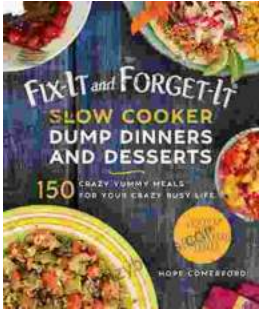
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