



## Total Chi Fitness Stretching Exercise for Energy Boost, Ultimate Fitness and Health (Paperback)

By Sifu William Lee

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This is simple but powerful meridian stretching routine that will boost the levels of Your Energy, Health and Performance. William Lee s book is a complete, practical guide for mastering the ancient meridian stretching exercises used for centuries with evident results of improving the health, energy and stamina of a practitioners. These simple exercises help you harmonize life-giving energy flow through the energy centers and organs of your body. The learning curve is very short because you get not only detailed instructions but video as well. That complete instructional package you receive with your purchase will help you to master these exercises very quickly. Nothing else is needed in order to learn these exercises and start enjoying the full benefits. CAUTION: This book is NOT meant for those who seek theoretical knowledge and/or a speculative approach to Chi or energy work. As a practical book, it may seem too simple for those who want complicated explanations, but these simple meridian stretching exercises provide quick results to anyone who actually put them in practice, regardless of belief systems. The simplicity...



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