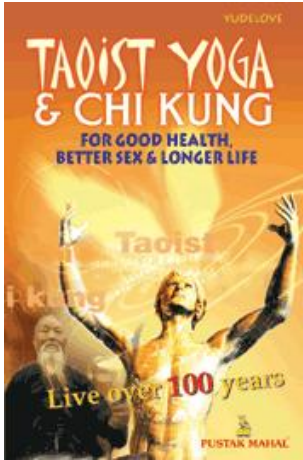




Taoist Yoga And Chi Kung



Author: Eric Steven Yudelove

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It is a great book that can change your way of life in just a few days.

In fact, anybody who wants better health, good sex and increased longevity must read this book systematically and follow its advice.

This ancient Chinese system can help you live long and healthy.

The best part of this system is that it is the most harmonious mixture of ancient Indian and Chinese wisdom.

This book has been set as 14-week course of 15 minutes-a-day programme (100 days).

If you embark on this programme with faith and zeal removing all unnecessary doubts in your mind, this will certainly help you in an unbelievable manner.

This book teaches you the art of authentic Taoist exercises developed in ancient China.

Chi kung originally refers to practitioners of breathing exercises, just like yoga. In Chinese Chi means energy and kung is a system of training or study.

Actually Chi Kung is just a part of Taoist yoga. In the west they are called Energy Exercises.

Undoubtedly there is something very fascinating about these concepts and their implementations. One automatically feel rejuvenated.

Just practise some and feel the difference.

Some obvious advantages of this programme:

*Prolonged sexual pleasure and increased flow of energy between you and your partner

*Become more flexible and strong

*Detoxify your organs and glands

*Achieve a free flow of Chi through your energy Meridians



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*Improve your memory and concentration

*Strengthen your immunity and adaptability to your environment

*Tone and beautify your face

*Improve your vision, sense of smell and digestion as well as your stamina

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