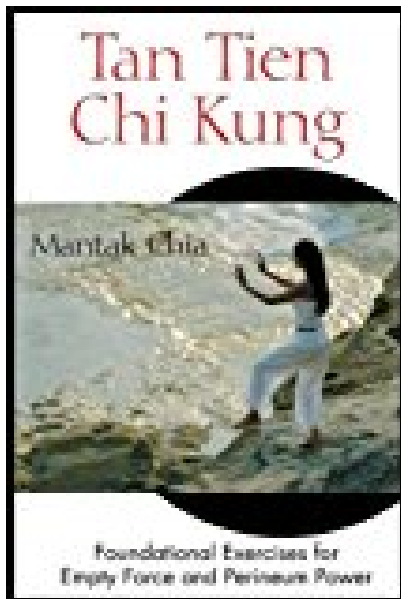


Tan Tien Chi Kung Foundational Exercises for Empty Force and Perineum Power



BOOK DETAILS

- Author : Mantak Chia
- Pages : 192 Pages
- Publisher : Destiny Books
- Language : English
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BOOK SYNOPSIS

Tan Tien Chi Kung is the art of cultivating chi in the lower abdomen--the tan tien. Known as the Ocean of Chi, this lower abdominal area holds the key to opening the body to the free and continuous movement of chi. Included are exercises to develop chi for increased vitality and the mind-body balance essential for spiritual growth and well-being.

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