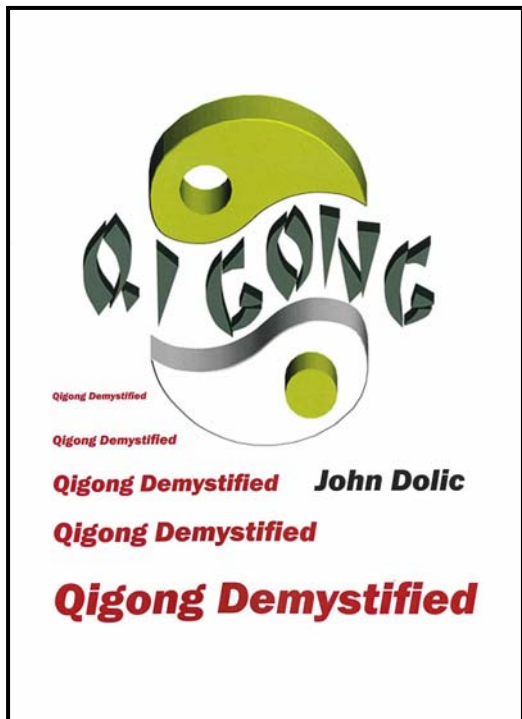


Qigong Demystified

DOLIC John



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Qigong Demystified is a book that introduces Qigong in an easy to understand language. Qigong is an ancient Chinese healing modality used to treat illness and enhance longevity.

Once shrouded in mystery, Qigong is now a fundamental aspect of Chinese life that is practiced by millions for its restorative benefits. Qigong works holistically, restoring the flow of energy throughout the body and clearing the blockages that cause illness. But Qigong is not just for those who are sick, regular practice can improve concentration and intellectual function, boost skill and athletic performance and even lead to greater spiritual awareness and personal growth.

Best of all, Qigong is simple to learn and can be easily practiced by anyone, anywhere. Qigong Demystified aims to illuminate the art of Qigong for a new audience, introducing basic principles, discussion of the many different styles, and the personal experiences of patients and practitioners.

About the Author

John Dolic is one of Australia's best-known instructors of numerous Qigong styles and has appeared on TV, radio and covered in many newspaper articles and magazines. He specialises in teaching more than 20 Qigong styles and holds workshops and courses worldwide. He was the first westerner to graduate from the Beijing university of Chinese Medicine and is a former lecturer at the Acupuncture Colleges of Australia (now University of Technology Sydney)

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