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# Wild Goose Qigong

Yang Meijun



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### Wild Goose Qigong Yang Meijun

For centuries, Chinese qigong masters have observed the liberating, graceful movements of the Wild Goose in flight and adopted these flowing gestures to improve their own health and well-being. Now you too can benefit from the wisdom of Man and Nature in this easy-to-follow illustrated guide. Not only is Wild Goose Qigong a superb exercise for cultivating and maintaining general health, but it is also highly effective for the cardiovascular, central nervous, and digestive systems; and even your disposition.

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