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Yang Meijun



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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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