

Qigong for Staying Young

- Chapters
- Warm-Up: Waking Up Qi promotes smooth Qi circulation, opens energy centers, slows degeneration, maintains healthy joints, muscles and tendons, enhances flexibility
 - Set 1: Tapping for Qi nourishes internal organs, opens Qi flow through shoulders, arms and legs, strengthens brain function
 - Set 2: Five Healing Sounds purifies and nourishes internal organs, releases negative emotions
 - Set 3: Playing With Qi helps you feel Qi, creates free flowing Qi, enhances deep breathing
 - Set 4: Qi Mind, Qi Body fosters connection between yourself and the dynamic forces of heaven and earth, strengthens focus and intent
 - Set 5: Energize Endocrines promotes smooth function of endocrine system, strengthens body processes
 - Set 6: Knitting Strong Bones fortifies, cleanses and nourishes bones
 - Set 7: Nourishing Three Treasures cultivates and balances vital energy, promotes essential bodily secretions, nourishes spirit
 - Warm-Down: Closing the Circle increases blood circulation, smoothes, consolidates and stores Qi, fortifies bones, nourishes brain function

This video is a companion to *Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy* by Shoshanna Katzman, Avery/Penguin Group (USA) Inc., 2003

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