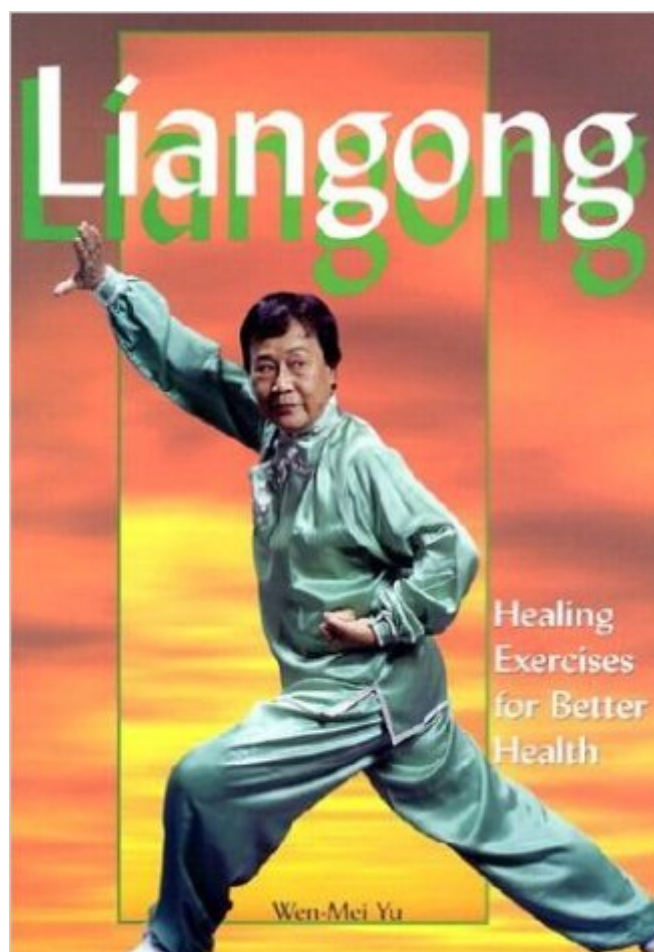


The book was found

Liangong: Healing Exercises For Better Health



Synopsis

Master Wen Mei Yu always knew about the healing effects of Liangong, but it took a car accident to show her just how powerful it could be. When other methods failed, Liangong worked wonders on an ailing back and neck that caused constant pain. Amazed with the results, Master Yu began exploring the many benefits of this modern health exercise which was developed from ancient medical movement techniques from China's past. An International Champion in China, Master Yu has broken down the Liangong system into two parts: Series One systematically works down the body from head to toe as it strengthens, stretches, and increases the range of motion of specific areas; Series Two works the whole body while focusing on joints, tendons, or internal organs. And best of all, the exercises can be performed in the comfort of your home or office in as little as 20 minutes.

Book Information

Paperback: 160 pages

Publisher: Unique Publications; 1 edition (December 1, 2003)

Language: English

ISBN-10: 0865681996

ISBN-13: 978-0865681996

Product Dimensions: 7.1 x 0.4 x 10 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #638,957 in Books (See Top 100 in Books) #340 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong](#) #1625 in [Books > Sports & Outdoors > Individual Sports > Martial Arts](#)

Customer Reviews

This set of stretching postures and movements was specifically designed to improve balance and maintain muscle and joint health. Not just that, but it was adjusted and tested for years before release by the Chinese leadership to deliver the most time efficient possible routine. In other words, what really distinguishes this set, is that it is extremely efficient, delivering the most "results per unit of effort" scientifically possible, based on then current knowledge in China. Therefore, this is a great everyday routine. It takes only a few minutes (9 to 10 minutes) and delivers a satisfying overall feeling of well being. Not only that, but you can expect a definite, noticeable, improvement if you are currently experiencing some form of joint or muscle dysfunction. For example, muscle aches

diminish or dissipate, joints limber up and stop aching, balance improves. Try it for yourself, the initial results are surprisingly fast, (just a few days), and overall quite remarkable. Longer term practice significantly reduces, and in some cases eliminates, a variety of the "achy" discomforts usually associated with aging, martial arts practice, or strenuous sports, leaving you more limber and with better balance. This is why many Kung Fu classes use this routine as a warm up. That is how I learned it. When this was first developed, most of the Chinese people were not able to access medicine in the Western style. This set of exercises was commissioned by the Peoples Republic of China leadership in the late 1970's to enhance and protect the physical well being of it's populace. There is a good forward in this book describing how Lian Gong was initially visualized and then developed.

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