



V Kranich Manualtherapie

Stefan Wahle, Gabi Philippsen

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

V Kranich Manualtherapie:

Weißer Kranich Qigong by Gabi Philippsen Stefan Wahle, Gabi Philippsen, 2023-02-10 Die hier vorgestellte Variante des Wei er Kranich Qigong ist offiziell von der Sawah Qigong und Taijiquan Gesellschaft autorisiert Es handelt sich um insgesamt 8 bungen zuz glich Angr en und Verabschiedung Diese Qigong Form wurde von Master Shao Zhao Ming geschaffen und ist der H hepunkt von ber 30 Jahren Erfahrungen in der Traditionellen Chinesischen Medizin TCM Heilung und Martial Arts Sie ist besonders f rderlich f r die Funktion der Lungen und wurde vor allem f r Menschen die an Asthma chronischer Bronchitis Kurzatmigkeit und Heuschnupfen leiden sowie f r Raucher und Personen deren Probleme im Zusammenhang mit den Lungen stehen konzipiert Diese Form kann helfen die Kapazit t der Lungen zu erh hen und Brustschmerzen zu verringern Bei regelm igem ben wird man ein gro artiges Qi Gef hl ersp ren Durch die 2 Vor bungen sollen die 3 Dantians miteinander verbunden werden Als Bonus gibt es noch unter Gliederungspunkt 7 erg nzende bungen Der studierte Diplom Sozial konom und Diplom Sozialwirt Stefan Wahle ist seit mehr als 30 Jahren im Trainergesch ft t tig Er betreibt seit 1985 Kampfk nste ist Lehrer f r Qigong BVTQ und DDQT sowie lizenzierter Fitnesstrainer Stefan Wahle hat bereits diverse Sportratgeber ver ffentlicht und ist Mitglied in der Bundesvereinigung f r Taijiquan und Qigong e V Seine Qigong Kurse sind von den gesetzlichen Krankenkassen im Rahmen der Pr vention anerkannt Mehr Infos unter www.buch.guru und www.sw.sportbuch.de

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Unveiling the Magic of Words: A Report on "**V Kranich Manualtherapie**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**V Kranich Manualtherapie**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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