



V Kranich Manualtherapie

Sebastian Brünink

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

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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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