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Earth Balance Tai Chi, Chinese Health Qi Gong Association version of the Five Animal Frolics / Wu Qin Xi Qi Gong set. Amazon link for the book / DVD. www

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Yijin jing - wikipedia, the free encyclopedia

The Yijin Jing (simplified Chinese: though the Jiaqing Chongxiu Yitongzhi was itself compiled much later in 1820. Li Jing's foreword also claims (Wu Qin Xi

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Five animals qigong chi kung

Wu Qin Xi, Five Animals Qi Gong (classic form). Residential Seminar "Taiji Summer Camp 2015", Bibione (Venezia - Italy), 12-18 June 2015. Master Giuseppe Paterniti

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Wu qin xi (book, 2007) [worldcat.org]

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Qigong history - wikipedia, the free encyclopedia

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