



The Four Dragons: Clearing the Meridians and Awakening the Spine in Nei Gong

By Mitchell, Damo

Singing Dragon. Book Condition: New. Mitchell explains the theory, history of Dao Yin exercises, and their differences from Qi Gong. The Four Dragon Dao Yin exercises are presented in detail, with a discussion of the effects on the practitioner. Series: Daoist Nei Gong. Num Pages: 256 pages, 151 b&w images. BIC Classification: VFMG; VXHT1. Category: (P) Professional & Vocational. Dimension: 229 x 151 x 16. Weight in Grams: 420. . 2014. 1st Edition. Paperback. . . . Books ship from the US and Ireland.

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