

Liu Zi Jue: Six Sounds Approach To Qigong Breathing Exercises [With Instructional DVD] (Chinese Health Qigong)



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Six Healing Sounds Qigong. The Six Healing Sounds Qigong (Liu Zi Jue) is a very old form of Life Nourishing Qigong (Yang Sheng). This system is based upon

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Using the six healing sounds for healing

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