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Healing With Ki Kou The

Ki-Kou teaches you how to relax your mind and body. As you relax, you will feel yourself become calmer and calmer. When you're completely at peace, your healing energy (chi) will be able to flow freely throughout your body. This is where you'll assume the specific postures to relieve your tension and stress. At this point you'll be ready to use ...

Healing with Ki-Kou: The Secrets of Ancient Breathing ...

Learn how to breathe disease out of your body using techniques found in Healing with Ki-Kou. This book details a system of breathing techniques combined with simple body postures, handed down for centuries by traditional Chinese doctors.

Healing with Ki-Kou: The Secrets of Ancient Chinese ...

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Healing with Ki-Kou: The Secrets of Ancient Chinese ...

Ki-kou is a powerful weapon against illness that moves beyond many traditional yoga techniques, offering targeting healing benefits. Using the principle of chi, considered by Eastern disciplines to be the energy source that carries life through your body, this step-by step guide brings improved health and self-awareness while targeting specific health complaints ranging from the common-cold ...

Healing with Ki-Kou: The Secrets of Ancient Chinese ...

Abdominal or Diaphragmatic Breathing. The cornerstone breathing technique for Ki Kou is also its most basic. With diaphragmatic breathing, you inhale deeply from the diaphragm, expanding your belly to allow air to sink down to the lower parts of the lungs.

Ki Kou Breathing Techniques

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Healing with Ki-Kou? is a practical step-by-step guidebook. Through the use of easy-to-follow instructions and informative illustrations the reader is taught to harness the powerful healing forces within themselves. You will learn a natural self-care system that allows you to regulate the flow of energy throughout your body.

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The volume offers healing techniques of Ki Kou, a secret system of Chinese breathing exercises, that have been used by Cinese doctors for thousands of years to heal and prevent everything from colds to cancer. Oversized laminated cover with figure of female in a sitting pose and with black lettering on cover and spine.

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