

<<马王堆导引术>>

图书基本信息

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内容概要

Health Qigong-Mawangdui Daoyin Exercises , with the Pictures of Daoyin Exercises unearthed from the Mawangdui Tombs of the Han Dynasty (206 BC-AD220) in Changsha , Hunan Province serving as the source for the exercises , was compiled by the Chinese Health Qigong Association. The movements are meant to be practiced using mental concentration focused along the meridians , and incorporate rising and squatting , extending and withdrawing , bending and stretching. These simple , beautiful movements are easy to learn , benefiting practitioners both physically and spiritually. The book may serve as a reference for people who wish to practice the exercises to prevent disease and prolong life.

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书籍目录

正文(德文)

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编辑推荐

国家体育总局健身气功管理中心编写的这本《健身气功：马王堆导引术》的英文内容简介如下：
Health Qigong — Mawangdui Daoyin Exercises, with the Pictures of Daoyin Exercises unearthed from the Mawangdui Tombs of the Han Dynasty(206 BC- AD 220) in Changsha, Hunan Province serving as the source for the exercises, was compiled by the Chinese Health Qigong Association. The movements are meant to be practiced using mental concentration focused along the meridians, and incorporate rising and squatting, extending and withdrawing, bending and stretching. These simple, beautiful movements are easy to learn, benefiting practitioners both physically and spiritually. The book may serve as a reference for people who wish to practice the exercises to prevent disease and prolong life. 本书是德文版。

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