



# **Qigong - Heilung mit Energie: Das Wissen der Traditionellen Chinesischen Medizin (HERDER spektrum) (German Edition)**

*Johann Bölts*

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In China wird es seit Jahrtausenden praktiziert, denn: Qigong stärkt die Lebensenergie. Immermehr Menschen entdecken die stabilisierende Kraft, die von den leicht erlernbaren Bewegungsfolgen ausgeht - Wohlbefinden für Leib, Seele und Geist, mit zahlreichen Fotos.

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