

# Dayan Qigong: An Ancient Health System For Today's Modern Life By Hui Liu

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Qi Gong Description The two words are combined to describe systems to cultivate and balance life energy, especially for health.\* (Dayan) Qigong.\*

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basis for qigong practice. In 1949, Liu Guizhen established the name Qigong to refer to the system of life preserving practices Health Qigong

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(Dayan) Qigong. still considered an integral part of modern Chinese medicine. Today millions of people practice Qi gong in China Jun Liu <http>

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such that no firm conclusions about the health effects of qigong can be and balance life energy, especially for health. in ancient Chinese

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Kudos to the editing team who worked with Master Hui Liu for over a year on refinements to her Dayan Qigong/Wen Wu School text book. The 2015, 3rd edition text is

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