

Nourish The Blood, Tonify The Qi To Promote Longevity, And Calm And Concentrate The Mind To Regulate The Heart (Dao Yin Yang Sheng Gong Foundation Sequences) By Zhang Guangde

By Zhang Guangde

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Jan 04, 2012 Qigong sequence from professor Zhang Guangde: Nourish the blood, tonify Qi to promote longevity It's best to use the book to verify the details.
<http://www.youtube.com/watch?v=Jb3XYGJTdaI>

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<http://www.cyclopaedia.de/wiki/Guangde>

Zhang Guangde is the author of Nourish the Blood, Tonify the Qi to Promote Longevity, Energy to Regulate the Breath: Dao Yin Yang Sheng Gong Foundation

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