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Tao Yin Chi Breathing - Wu Chi FoundationTao Yin 1. Release Heat From The Heart Down To The Kidneys (fists Tight - Middle Finger To Palm) 3x. 2. Draw The Knee To Chest - Press Lumbar Down & Draw Head Up (each Knee 3x). 3. Both Knees - Press Sacrum Down (3x). 4. Press Against Knees With Palms From Lumbar. 5. Lay On Back Press On Each Vertebra Up & Down One By One - The Slower You Are ... 3th, 2024Yin-Yang - Pennine Tai ChiTao Te Ching Translation By Gia-Fu Feng The History & Philosophy Of Kung Fu By E. C. Medeiros A Beginner's Guide To Constructing The Universe By Michael Schneider Footnote On A Recent Visit To China, I Came Across This V 4th, 2024YIN YOGA Anatomy And Physiology For Yin YogaAnatomy And Physiology For Yin Yoga Introduction To Anatomy And Physiology For Yin Yoga Yin Yoga Was Only Introduced To The Western World About Fifty Years Ago But It Has Roots In The Oldest Form Of Yoga Known To Man. Learning Yoga Asana And Practicing These Will Ensure You Are More In Touch With Your Inner Self And The World That Surrounds You. 6th, 2024.

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