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Ce guide propose une initiation pratique au Qi gong, ou gymnastique chinoise, qui vise à harmoniser nos énergies. Semaine par semaine, jour après jour, vous apprendrez à l'exercer en douceur. Abondamment illustré, cet ouvrage pédagogique propose un programme d'exercices quotidiens en deux semaines et sur cinq week-ends. Exercices commentés Postures dessinées Les conseils du prof

<b>Title</b>	:	Le Qi Gong
<b>Author</b>	:	Philippe Gouédard
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