



Walking Kung: Breathing for Health

Sheng Keng Yun

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Walking Kung: Breathing for Health Sheng Keng Yun

Let Professor Sheng show you how to relax and relieve stress--without expensive equipment or drugs. While these exercises are instrumental for the well-being of both men and women, this is one of the very few books that present a woman's perspective to learning Chi Kung. The exercises require minimal physical exertion--walking in place and breathing--and can be done by people of all ages. Walking Kung-- using conscious thought to move energy through the body's internal organs--is medicinal exercise that was once a carefully guarded secret in China. It encompasses simple meditation and complex, dance-like movements, controlled breathing, and guided imagery. Regular practice of Walking Kung can help regulate the nervous, circulatory, respiratory, digestive, and endocrine systems and help strengthen the muscular, skeletal, and immune systems. It has been proven to heal such chronic conditions as heart disease, asthma, and insomnia, and is done without exerting any strength. All that is needed to practice Walking Kung is confidence, ambition, determination, and steadfastness.

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