



Da Wu: Health Qigong Da Wu Exercises (Chinese Health Qigong)

Chinese Health Qigong Association

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The graceful joint-relaxing dance-like exercises of Da Wu, an ancient qigong, are presented here with step-by-step explanations and photographs illustrating each movement.

Recorded in ancient documents, Da Wu lays stress on flexing movements and the rotation of joints throughout the body to help improve health and wellbeing. This book explains the practice, and explores the origins of, this easy-to-learn qigong, which has its roots in ancient China. The main section of the book features a fully illustrated step-by-step guide, with additional learning tips for each movement, and information about the health benefits. In addition, an accompanying DVD features a video demonstration of Da Wu and additional information on its history and origins, and a CD provides options for verbal instructions to lead the practitioner through the exercises, or music to accompany them.

This practical book provides a complete introduction to this beneficial and easy qigong form for practitioners of all levels, including beginners, and will be of special interest to anyone interested in the ancient qigong forms.

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