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II. Adjustment of the Mental Realm (Jing Jie Tiao Kong,)4. Integrating Three Adjustments into One; I. Consolidating Method; II. Extending Method; III. Characteristics of the State Integrating Three Adjustments into One; Chapter 5 General Introduction to Qigong Forms; 1. Classification of Qigong Forms; I. Classification of Qigong by Academic Schools or Traditions; II. Classification by Dynamic/Static Types; III. Classification by the Three Adjustments; IV. Classification by Practice Style or Characteristics; 2. Guidelines and Precautions for Practice; I. Guidelines
II. Precautions Before and After Practicing 3. Possible Reactions to Qigong Practice; I. Normal Reactions; II. Adverse Reactions; 4. Qigong Deviations and Corrections; I. The Causes of Deviation; II. Symptoms of Deviation; III. Classifications; IV. Treatment Methods for Correction of Deviations; Chapter 6 Selected Qigong Forms; 1. Five-Animal Frolics (); I. Practice Method; II. Application; 2. The Six Syllable Formula (); I. Practice Method; II. Application; 3. Muscle/Tendon Changing Classic (); I. Practice Method; II. Application; 4. Eight Pieces of Brocade (); I. Practice Method
II. Application

Sommario/riassunto

Chinese Medical Qigong is the first English translation of the only official textbook of medical Qigong, used in universities of traditional Chinese medicine in China. Correlating traditional therapies of Qigong with outcomes of modern scientific research, it is the authoritative introduction to the knowledge system and content of Qigong study.
