

1. Record Nr.	UNINA9910702996803321
Titolo	Qi gong [[electronic resource]]
Pubbl/distr/stampa	[Bethesda, Md.] : , : National Institutes of Health, , [between 2000 and 2009?]
Descrizione fisica	1 streaming video file (1 min., 10 sec.) : digital, SWF file, sound, color
Soggetti	Qi gong Exercise for older people Older people - Health and hygiene Alternative medicine Documentary films. Streaming videos.
Lingua di pubblicazione	Inglese
Formato	Videoregistrazione
Livello bibliografico	Monografia
Note generali	Title from title frame. Accompanied by transcript in HTML format.
Sommario/riassunto	Provides a brief demonstration of qi gong, an ancient Chinese practice that combines movement, meditation, and regulation of breathing.