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| 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. |