



Developing Internal Energy for Effective Acupuncture Practice: Zhan Zhuang, Yi Qi Gong and the Art of Painless Needle Insertion

Ioannis Solos

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Drawing on ancient Chinese knowledge and tradition, this book teaches practitioners of acupuncture how to develop their internal energy and sensitivity to energy in order to improve their practice.

Understanding and working with energy flow is essential to becoming a good acupuncturist and regular qigong practice helps the acupuncturist to direct energy flow within the patient more accurately and effectively. This book presents a complete training regime for Western acupuncturists and features qigong exercises dating back centuries. With images from the original manuscripts and the Chinese text alongside an English translation and commentary, Western readers are introduced to unique exercises and internal cultivation texts in a truly authentic way.

This book provides essential internal training for acupuncture practitioners and students and will be of interest to a wide array of martial arts and traditional Chinese medicine practitioners.



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