



Master Lam's Walking Chi Kung

By Lam Kam Chuen

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People who must sit or stand long hours at work can now thank the Buddhist monks who centuries ago faced the same problems in their enforced periods of meditation, and developed *Chi Kung*, a powerful program of energy cultivation to heal distracted minds and tired bodies. Internationally known instructor Master Lam introduces a special form of *Chi Kung* that focuses on movement and walking. Each move is shown in a stop-action photo with a caption and lets you stay in place until you feel the tension disappear. Breathing, stretching, and mental relaxation come together in a natural way that harmonizes the six directional forces of up/down, left/right, and forward/backward. Your legs and knees, the first part of your body to age, receive special life-lengthening exercises.

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Editorial Review

About the Author

Master Lam is the world authority on the healing Chinese Arts and was the first teacher the Inner London Education Authority appointed to lead classes in Tai Chi. As well as teaching classes and workshops, Master Lam has produced videos and is the author of books on Tai Chi, Chi Kung and Feng Shui.

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