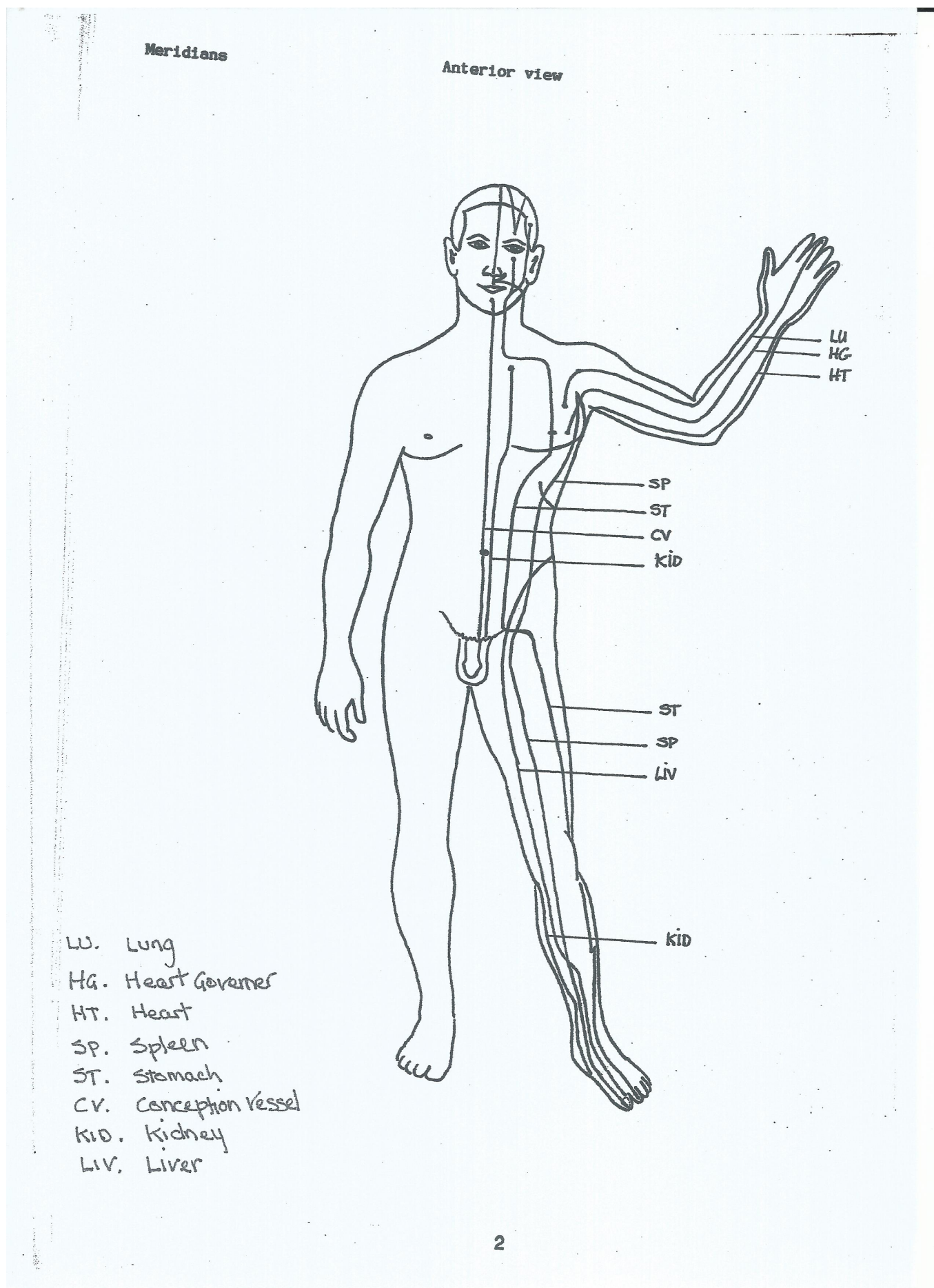


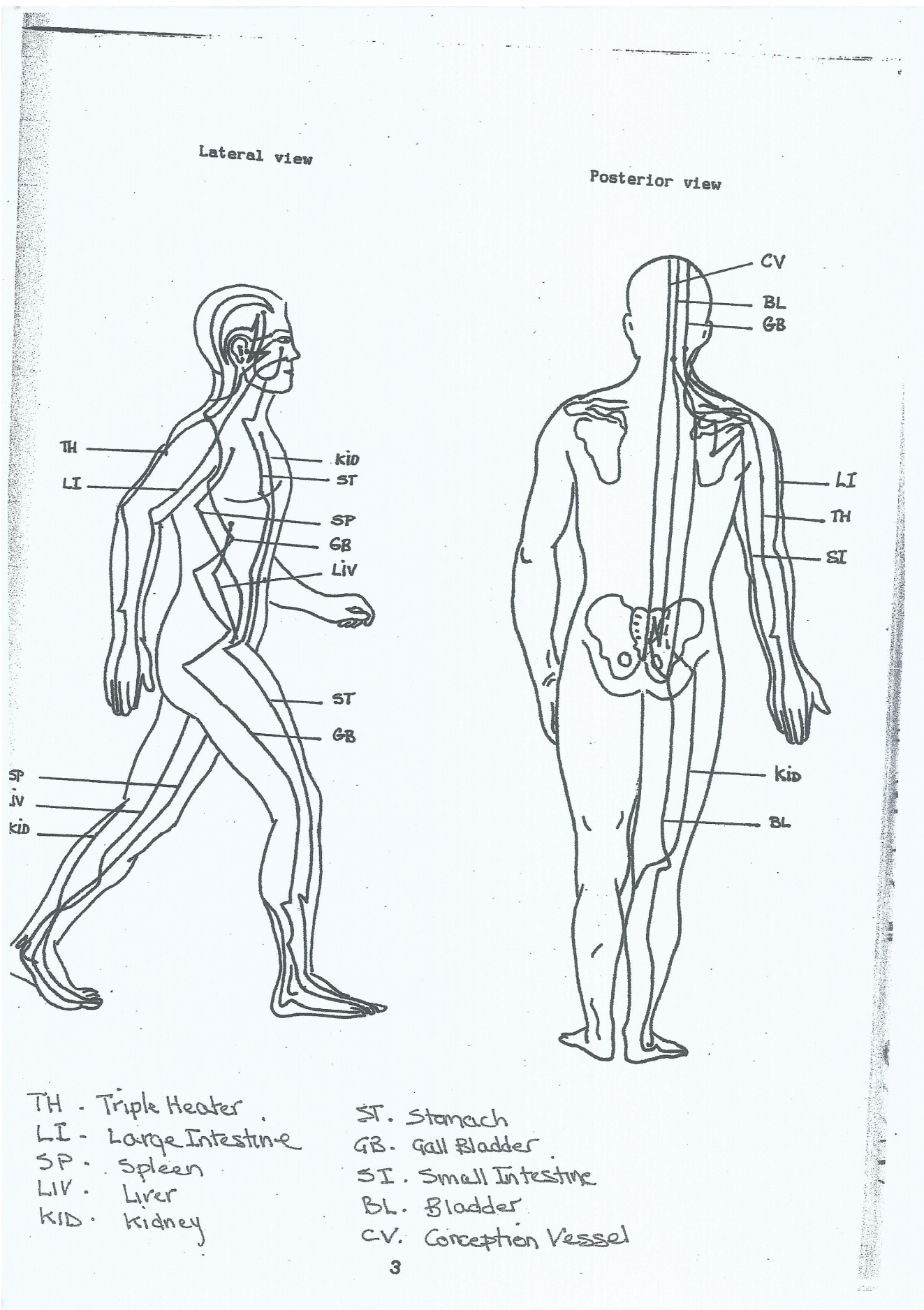
Chi Gong Information & Links

Meridians - Front View

YING - moves up front & inside of limbs



Meridians - Side & Back View. YANG - moves down back & exterior limbs



The Physiology of Tai Chi and QiGong

This quite a slick cheesy presentation by a well respected teacher, the animated body visuals give a good idea of how we in the west with all our medical knowledge & science can relate to this ancient system of chi, energy, meridians & channels.

<https://www.youtube.com/watch?v=ZJRtZAwVwgo>

The Deep Meaning of Ying and Yang

Don't be put off by the title, this is a really beautiful video simple in its explanation & clear visuals.

https://www.youtube.com/watch?v=6gIMVxFen_A

Formacion Hun Yuan

Pedro Valencia - Basic Potentials, moves of Chi Gong & Tai Chi

Pedro is the Spanish lineage holder of the Hun Yuan tradition - although the video is in Spanish it is well worth seeing how the Master does it! We can learn a lot from just watching how he really works with chi - we can see the years of practice.

There are many more of his videos on line where he shows Tai Chi & martial arts but this video shows us the basic chi gong movements, ones that we have been starting to learn together. These movements working with chi are the basis of all Tai Chi forms, martial arts & chi gong

<https://www.youtube.com/watch?v=h0ij2-VwjnU>

Hun Yuan; There are many styles of Chi Gong & Tai Chi you can read about & find presented in videos on YouTube. The Hun Yuan lineage, a very flowing meditative style, was passed from the great teachers; Feng Zhi Quian (you can find videos of this past master on YouTube) & Chen Xiang. It is from the Chen family of practice & is in the Yang style. This lineage was passed on directly to our master in Spain, Pedro Valencia. It is very unusual to have a European lineage holder so we are very fortunate to have access to this particular style through his constant teaching & online videos we are all able to benefit from his great understanding of working with chi. My dear teacher Eugenia Ramada Torner is a close student of Pedro & this is the style I have presented & hopefully given a flavour of in the Land of Joy videos. Sadly the Hun Yuan association is not so active in Britain but if you can find a teacher near get in touch - there will be classes again sometime in the future!

Vital Touch - an excellent little book done with easy to follow instructions lots of useful information & very funny clear visuals so you can follow the meridians easily as you practice Do In.

https://www.amazon.co.uk/Vital-Touch-Do-Exercises-Relaxation/dp/095184430X/ref=sr_1_4?dchild=1&keywords=Vital+touch&qid=1587653263&s=books&sr=1-4

The Inner Structure of Tai Chi - Mantak Chia & Juan Li

Published by Destiny Books. ISBN; 078-159477058-6

A more in depth introduction to the subject of Tai Chi, which by definition includes Chi Gong as its very basis. Helpful to understand its history & development. There are also plenty of physical exercises shown.

Enjoy working with Chi xxx

