

Da Yan Wild Goose Qigong

The
1st 64
Movements



Simon Blow

Mr Simon Blow

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Da Yan Wild Goose Qigong – The 1st 64 motions 'Da Yan' means 'great bird' and can be an ancient cultivation practice originating from the Jin Dynasty about 1700 years back. Daoist Masters from the sacred Kunlun Mountains, in the Northern Himalayan region in south-west China, would observe the migrating geese which descended in this region each year. However, Dayan Qigong was withheld from everyone until 1978. Its healing and spiritual legacy was passed on through many generations; They would mimic the actions of the great birds and began to create the Da Yan Wild Goose Qigong system. Then 27th lineage holder Grand Grasp Yang Mei Jung (1895-2002) made a decision to teach this historic Qigong practice and talk about its healing benefits to improve the standard of life of most people. The motions representing the air travel of wild geese are gradual, graceful movements and strong, quick movements made to discharge stale Qi also to gather refreshing Qi, helping to restore stability and stimulate the complete energy system of your body. The 1st 64 movement set offers principal with the 'post-natal body' relating to the energy that one gathers after birth.



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Not great. This is a book to be used in conjunction with the DVD at the trunk or/and as a reinforcement of learning in a class situation. I don't think a person who doesn't know the proper execution could follow the instructions. Might be an excellent companion to the video. studying the 1st 64. We love the warm ups at the beginning to get ready for the program and the backdrop information about the history of the lineage holders of the proper execution.. I like the book very much because of its clarity and precision of movements. Today's Grand master is 90, the prior GM was over a 100. Not very well crafted.. I use the book regularly for my practice and teaching and recommend it to others. The book is quite well organized and easy to follow Wild Goose Qigong established fact as a longevity exercise. The flow of Qi and its own effect through the channels and points is described clearly as well as the wellness benefits to the various parts and functions of your body. Simon Blow has learnt directly from the GM of the machine and regularly brings groups to China to understand from the source. He's therefore in a distinctive position to write about this system. Endorsed by Grand Get better at Chen Chuan Gang.. I could find out the choreography of the movements from this book and only needed just a little correction when I attended a workshop upon this Qigong The Wild Goose 1st 64 movements detailed in the book .. The publication is written with the full support of GM Chen. The Wild Goose 1st 64 actions detailed in the book will be the authentic, original movements taught by Grandmaster Chen, the present 28th lineage holder. This makes the book an indispensable reference for everybody learning & I like the book very much for its clarity and accuracy . Grandmaster Chen's memories of my mother is a wonderful, rare personal insight in to the lady who took Crazy Goose to the world outside China. The best reference for Dayan Wilgoose Qigong This book is well crafted, it is accurate in describing the forms, Grand Grasp Chen viewed many drafts of the book before it had been written in it's current form. This text provides insight in to the worth of the forms to the learner and the images are clear and complete and make it easy for all to follow. George Foster A great reference for Qigong practitioners. The very first 64 Wild Goose Qigong is fantastic resource for Qigong practitioners. This is actually the best reference for just about any any college student of Dayan Crazy Goose Qigong. It is very useful when learning the brand new form, and then for revising movements and improving personal practice.. Best Wild Goose Book A really comprehensive information to the 1st 64 Motions written with a whole lot of input from the Grandmaster himself! Good diagrams and motion descriptions, with health advantages of the various movements. What each movement is for, is clearly explained. Ideal for both beginners and experienced practitioners who may decide to update their skills. Good diagrams and movement descriptions This book is a must for any one wanting to learn the Dayan Wild Goose Qigong. Clear diagrams assist you to adhere to the sequence along with written instructions. The book is very well laid out and easy to check out, specifically with the accompanying Dvd and blu-ray.



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