



*Steve Zimcosky*

# The Old Man from the Hill (Lessons in Qigong and Tai Chi)



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The story of a boy who is delivered to spend the summer along with his grandparents for health reasons. turns his lifestyle and his health around for the better A opportunity encounter with and previous Chinese guy, who teaches him the historic Chinese exercises of Qigong, which;



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Great book. Share it with your children. This is such an excellent book. The Old Guy from the Hill (Lessons in Qigong and Tai Chi This is a good reference book for anyone who is thinking about Qigong and Tai Chi and focusing on how consistently performing these movements can improve health and decrease stress. Extremely nicely done about the subtle changes that may happen through the beginning of training. Thanks to Steve for posting his knowledge to help others. and a glance into Chinese dietetics. The book is very informative and shows the results possible in one's life with the practice of Tai Chi and Qigong. Fantastic way to introduce tai chi to more youthful people Fantastic way to introduce tai chi to young people. Plenty of information. Made stuff clearer even if you ask me as an adult Good intro This covers the fundamentals for a number of good practices, however, not to any real depth. The original character of "John," the instructor, comes through in authentic true to the heart lessons, that remind me of my very own teacher, my Grandmaster, in lots of ways. positive review Still reading it or, better said, "digesting" it. Autobiographical with insight into the benefits of practicing Qi Gong . We wish having met the Old Man when I was . He's terrific Nice beginning story A good beginning story.. I wish having met the Aged Man when I was young, looking for where you can go! Now, I practice Qigong every day! Steve Zimcofky is an excellent teacher. The changes that happen in a young man's life inspire you to learn more about this ancient strategy to well-being and health. I desire the drawings and charts were larger though, (they are hard to observe on my Kindle). Tale of Quigong and Tai Chi I actually take Qigogng and Tai Chi classes from Steve and find them very helpful in maintaining muscle mass activity and balance. I thought the tale delightful and informative and also the illustrations. Nice presentation and it will be makes a fantastic gift to a friend... Easy to read with insight into the benefits of practicing Qi Gong. The information about the components and the corresponding organs in your body is very enlightening. Perfectly flowing story with quite a bit of good information, in just a little book. The story of the boy and his first teacher flows easily and naturally, with plenty of information in this little book. I'm not sure who the target audience is basically because the tale the book is made around is fairly superficial aswell. A nice touch is the end area of the book, where the writer elaborates on diet plan and seasonal consuming, warm/cool foods, etc.. Will read it many times again. I desire this book would be made into a movie. Easy to comprehend and useful details for the newbie and a nice reference just to have to tell others if not really a beginner. It really is interesting to see qigong through the eyes of a child in this book. Good book Reading this book is a fun and interesting experience because you learn about Tai Chi and Qigong with a boy as this individual interacts with the outdated Chinese man. Five Stars A good resource and introductory guidebook to tai chi for all ages. Five Stars Wouldd

interest anyone thinking about the classes he teaches... The story is nice and offers many honest moments (such as the amazing soreness one might feel in the beginning of practice since it is new to them) and various feelings you have when meeting such a fine teacher, attempting to do great, absorbing information simply by listening, and the bond of student and instructor, which is very important in learning qigong.. It really is educational, enjoyable, and inspiring...very enjoyable! Combined with the tale, though, also comes key points of Chinese medicine basics -- Yin/yang, zang/fu organs, meridians, Wu Xing, as well as five elements.



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