

Chen Tuan's
Four Season
Internal Kung Fu



Breathing Methods, Exercises,
Herbs and Foods for Longevity

Stuart Alve Olson

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Chen Tuan's Four Season Internal Kungfu: Breathing Methods, Exercises, Herbs and Foods for Longevity



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In this publication you will find the seasonal exercises to tonify the meridians. Like many of Stuart's books, it really is something that should be gone through and studied again and again. I love that he shows the classics with the Chinese people and offers commentary, and advice predicated on his own encounter. Excellent book, have started the practices. Really great book, have started the practices. As he says this is a companion reserve to "refining the elixir".. A year the least doing this is necessary - although he mentions for a lot of it can take a few years depending on how persistent you are and your current level of health. I do wish there were better illustrations and more detail in a few parts as some of the exercises are complicated and it's hard to decipher them properly from a book. That is why it's important to have a live instructor correcting your errors and guiding you step by step. But for those folks not fortunate to live near one the best we can do is usually reference with additional materials. It is a good idea to check on the web when massaging the meridian points - there is much more specific information on how to find the exact points for me. The book is thoroughly researched, deftly compiled, a . The procedures in this book are to be mastered prior to the actual internal alchemy can be started. It is normally packed with information, and well organized. The book is thoroughly researched, deftly compiled, a treasure.. Five Stars Great! Ideal for the interested reader or dedicated practitioner of Chinese health promoting arts.



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