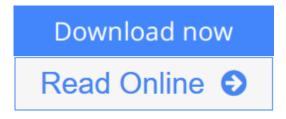
Inside Zhan Zhuang: First Edition

INSIDE ZHAN ZHUANG



By Mark Cohen



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For the first time in print, the mysterious transformation process of Standing Meditation is revealed. Filled with tips and tricks to help get more out of training than most practitioners ever thought possible, this book contains a number of concepts and techniques presented for the first time in English. Drawing upon his 7th generation lineage in Chinese Medicine and using straightforward and simple language, Mr. Cohen fills in the missing pieces of the puzzle formerly absent in Zhan Zhuang literature. These include such elements as special masterpoints to relax and release large sections of the body, methods which rapidly create wholebody linkage for any posture; techniques for working with light in the higher energy centers, mechanisms to correct many crucial health problems and special training to develop truly effective martial power. A fast track for beginners. Highly recommended for seasoned practitioners. Take your Zhan Zhuang and Tai Chi to the next level.

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Inside Zhan Zhuang: First Edition By Mark Cohen Bibliography

- Rank: #465122 in Books
- Brand: Brand: MSC Creative Enterprises
- Published on: 2013-02-27
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .81" w x 7.00" l, 1.37 pounds
- Binding: Paperback
- 358 pages

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