



Anthology of QiGong Relaxation Therapy & Mind Expansion (Stress Relief, Anxiety Relief, Depression Relief, Health & Fitness, Meditation, Enhancement Therapy)

Bill Douglas

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Qigong Relaxation Therapy & Mind Expansion is THE ULTIMATE DE-STRESSING program, using soothing enjoyable visualization and breathing techniques you do sitting down. This 72 minute 4 track CD audio program can be used at home or anywhere since all you need is a CD player. Track 1 provides explanation and a breathing technique that will leave you immediately calmer, clearer, relaxed, and yet more energized. Track 2 is a profoundly beneficial deep stress unloading technique you'll treasure for life. Track 3 builds on that to add an even deeper experience. Track 4 employs a breathing relaxation method great for those days your mind can't stop spinning.

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