

The background image shows a man with white hair, wearing a black martial arts uniform with a red collar, performing a Tai Chi pose. He is in a wide, balanced stance with one arm extended upwards and the other downwards. Behind him is a large, ornate red wooden door with intricate lattice work. To the right of the door is a vertical black plaque with gold Chinese calligraphy. The overall scene is set in a traditional Chinese architectural style, likely a Shaolin temple.

Rut Rex

alias

Shi Yan Ruhiya

WAS MICH DIE SHAOLIN-MÖNCHHE LEHRTEN

Bis ins hohe Alter gesund und glücklich

Ratgeber für innere und äußere Schönheit

Mit einer Einführung und Übungen in Tai Ché und Ruhiya Qi Gong

Was Mich Die Shaolin M Nche Lehrten

Rut Rex



Was Mich Die Shaolin M Nche Lehrten:

Was mich die Shaolin-Mönche lehrten Rut Rex, 2015-06-29 Dieses Buch für Gesundheit sowie innere und äußere Schönheit soll Sie zum Nachdenken über Ihr Leben anregen und Ihnen mit den entsprechenden Übungen zu einem gesünderen und glücklicheren Leben verhelfen Zum ersten Mal werden die Geheimnisse des Tai Chi und der Inner Movements aus der Tang Dynastie enthüllt Dies ist ein Leitfaden für langes Leben und Vitalität Wo Qi Gong auftritt folgt Tai Chi mit seinen Inner Movements an Die Übungen aus der Tang Dynastie gehören einer jahrtausendealten chinesischen Geheim Tradition an Die Übungen sind für jeden leicht erlernbar dem Gesundheit und innere Energie am Herzen liegen Die Übungen sollen nicht nur Krankheiten von inneren Organen wie Herz Lunge Leber sondern auch psychische Störungen beheben Der Reinerlös aus dem Verkauf dieses Buches soll an ein SOS Kinderdorf sowie Flüchtlingskinder gehen als Dank für die Hilfe die mir zuteil wurde gesund zu werden und ein harmonisches gesünderes und glücklicheres Leben zu führen

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