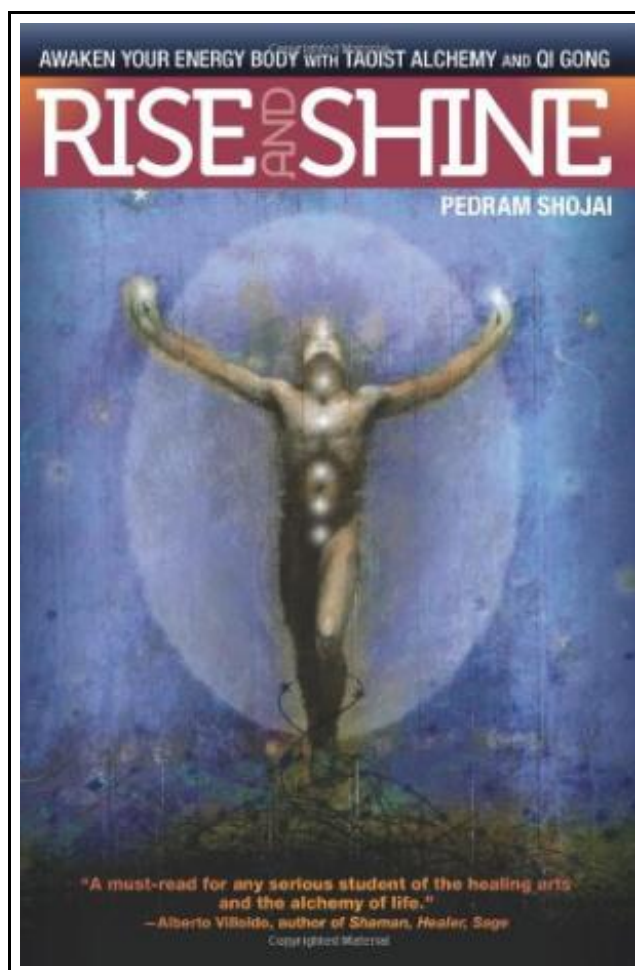


Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong (Paperback)



Filesize: 8.01 MB

Reviews


Completely essential study publication. Better then never, though i am quite late in start reading this one. I am very easily could get a delight of reading a composed publication.

(Marilyne Macejkovic)

RISE AND SHINE: AWAKEN YOUR ENERGY BODY WITH TAOIST ALCHEMY AND QI GONG (PAPERBACK)



Process Media, United States, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Pedram Shojai is the master teacher and guide for movement, awareness, and exploration of the harmony of energy. --Don Campbell, author of *The Roar of Silence* and *The Mozart Effect* Millions of Americans are joining a holistic health revolution in which yoga, natural foods, and traditional Chinese medicine are providing potent healing alternatives to costly and often debilitating prescriptions of surgery and pharmacology. As a renowned acupuncturist, master herbalist, wellness consultant, and lifelong student of various alchemical traditions, Pedram Shojai is the first author to fuse these energetic practices with an alchemical perspective, resulting in a powerful daily practice that not only heals and invigorates your body, but expands your awareness and personal power. *Rise and Shine* begins with the remarkable story of Shojai's personal transformations that led him into his unique synthesis of spiritual and physical purification practices. Shojai then shows readers ways to activate and balance the Subtle Body or Light Body --the energy meridians of acupuncture and other energy channels. He incorporates meditation and synthesized forms of Qi Gong (Chinese energy yoga) from Taoist, Buddhist, and eastern medical traditions to teach modern audiences simple, profound methods to find balance, energy, and peace in today's world. Pedram Shojai has worked with individuals, companies, and groups for several years teaching transformative practice and meditation. He has a three DVD set out titled *The Alchemy of Qi Gong (Sacred Mysteries)* that recently won acclaim from The Coalition of Visionary Resources awards.

 [Read Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong \(Paperback\) Online](#)

 [Download PDF Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong \(Paperback\)](#)

See Also



From Kristallnacht to Israel: A Holocaust Survivor s Journey (Paperback)

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In the 1930s, as evil begins to envelope Europe, Karl Rothstein...

[Read Book »](#)



Polly Oliver s Problem: A Story for Girls (Paperback)

The Wildhern Press, United Kingdom, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin was an American children s author and educator....

[Read Book »](#)



Chicken Licken - Read it Yourself with Ladybird: Level 2 (Paperback)

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he...

[Read Book »](#)



The Village Watch-Tower (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

[Read Book »](#)



Tales of Wonder Every Child Should Know (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

[Read Book »](#)