

What is the True Health?

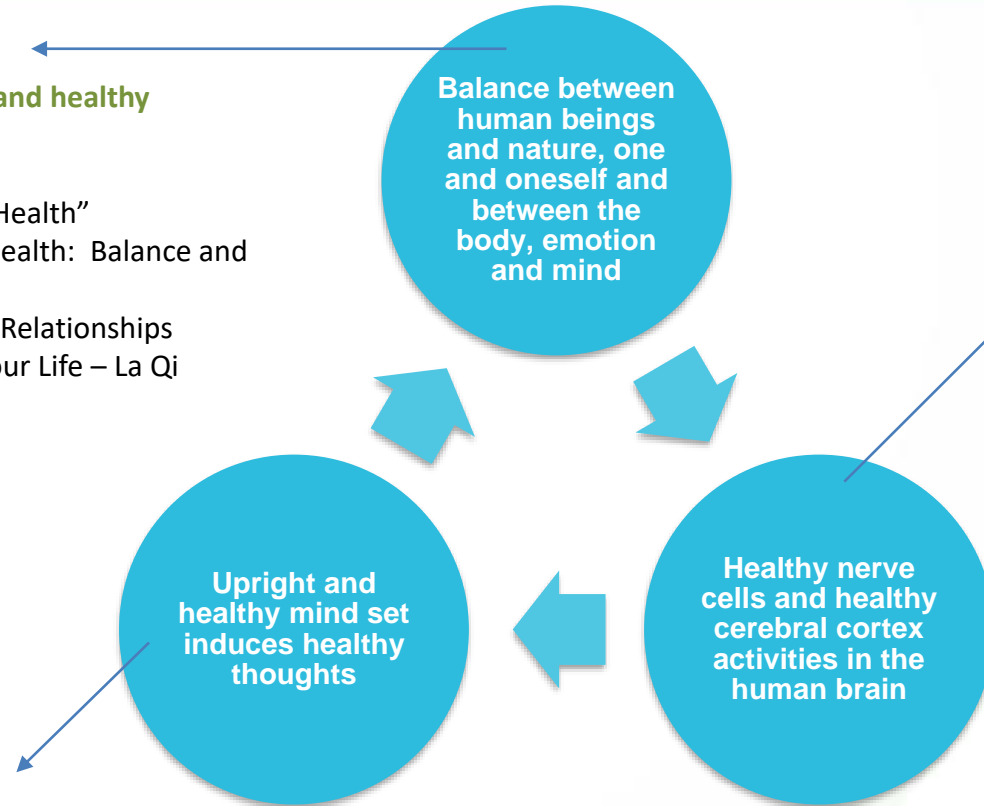
Three pillars from the Zhineng Qigong perspective

Package 1:

What is True Health? Pillar 1 of 3: Balance and healthy Relationships

Included:

- E-Book “E-Book The Three Pillars of True Health”
- Information Slides about Pillar 1 of True Health: Balance and healthy Relationships
- Video Tutorial about Balance and healthy Relationships
- Audio Meditation: “Improve Balance in your Life – La Qi Practice”



Package 2:

What is True Health? Pillar 2 of 3: Healthy Brain Nervous System

Included:

- E-Book “E-Book The Three Pillars of True Health”
- Information Slides about Pillar 2 of True Health: Healthy Brain Nervous System
- Video Tutorial about a Healthy Brain Nervous System
- Video: Qi Squats or Rolling the Spine Method

Package 3:

What is True Health? Pillar 3 of 3: Healthy thoughts created by an upright mindset

Included:

- E-Book “E-Book The Three Pillars of True Health”
- Information Slides about Pillar 3 of True Health: Healthy thoughts created by an upright mindset
- Video Tutorial about healthy thoughts created by an upright mindset
- Audio Lecture: Transform negative Information with Hun Yuan Ling Tong
- Video: Chen Qi Practice