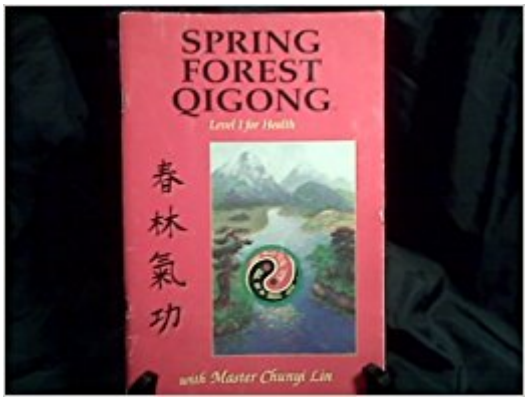
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Synopsis

Book by MASTER CHUNYI LIN

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Customer Reviews

Book by MASTER CHUNYI LIN

This DVD gives the foundation practice exercises and meditation for Spring Forest Qigong directly from Chunyi Lin. It will start your love engine and begin you on the path of self healing.

This product is something I use every day and find it very helpful as a stress reliever and health enhancer.Takes little time but creates good health.

Love his exercises and drawings are very clear and easy to follow.

Good book.

Master Chunyi Lin is a remarkable soul. I watched one of his videos a number of years ago, and it was so calming to listen to him. This book is very well written.

excellent, helps with relaxation and healing.

Pictures are not detailed. They don’t show intermediate steps from start to finish. It is hard to do

these exercises just by using this book. You need to work with instructor.

Love

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