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~~— PRACTICAL~~

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~~breathe \u0026~~

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~~Breathing Breath~~

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~~Of A Lost Art~~

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Exercise | TAKE

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Lost Art | TAKE

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The main method  
of treating a  
chronic disease

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through Wujishi breathing exercise is to reinforce body resistance and to eliminate pathogens. The process of vital energy eliminating pathogens is a process from the interior to the exterior, from

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inside to  
outside.

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that Coherent  
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integral to the  
practice of Wuji  
Qi Gong, as the  
body becomes an  
"instrument"  
strung between  
Heaven and  
Earth. Breathing  
causes the  
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To do it: Relax  
your neck and  
shoulders.

Keeping your  
mouth closed,  
inhale slowly  
through your

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nose for 2

counts. Pucker

or purse your

lips as though

you were going

to whistle.

Exhale slowly by

blowing air

through your

pursed lips for

a count of 4.

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exercise. As the  
old saying goes,  
"If you want to  
learn the  
essence of  
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Need' The title  
says it all, so  
follow this  
beautiful short  
exercise...

~~This Exercise Is~~

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Breathe fully  
into your belly  
as it rises and  
falls with your  
breath. Breath  
Focus. While you  
do deep  
breathing, use a  
picture in your  
mind and a word  
or phrase to  
help you feel

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more relaxed.

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practice of

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exercise can

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