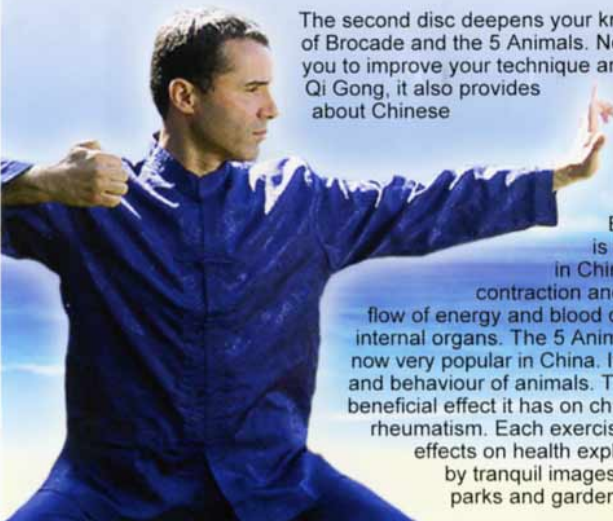




This 2-disc set is your guide to understanding and learning the 4,000-year-old gymnastic techniques of Qi Gong, which form part of the Chinese therapeutic arsenal. Join distinguished doctor, acupuncturist, cardiologist and founder of the Quimetao Institute Dr. Jian Liu Jun amidst the magnificent parkland and the Garden of Bronzes, at the Coubertin Foundation Saint-Remy les Chevreuse, and watch his superb Qi Gong demonstrations. Then work alongside Akli Hammadi, a Qi Gong instructor for more than 14 years and a federal monitor for the Tai Chi Chuan and Qi Gong Federation, as he guides you through each movement.

The first disc helps you discover the 18 Tai Ji Qi Gong Exercises. It provides an introduction to Chinese philosophy, and to the techniques you require to execute the 18 Tai Ji Qi Gong movements. These will give you a pleasurable overall approach to Qi Gong, and enable you to develop your powers of concentration, and to oxygenate your body, bringing far greater harmony to its energy flow. The course includes a detailed description and demonstration of each technique, and also points out the specific benefits to health in each case. The film is further enhanced by beautiful and tranquil shots of the natural world.

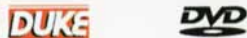
The second disc deepens your knowledge, exploring the 8 Pieces of Brocade and the 5 Animals. Not only will the programme enable you to improve your technique and gain a far greater knowledge of Qi Gong, it also provides the opportunity to learn more about Chinese philosophy and traditional medicine. Dr. Jian Lujun and Akli Hammadi are our guides again as we study two particular exercises. The 8 Pieces of Brocade is a traditional method and is the most widely practised exercise in China today. It combines muscular contraction and relaxation, and promotes a good flow of energy and blood circulation, as it massages all the internal organs. The 5 Animals is a Taoist technique which is now very popular in China. It is based on imitating the character and behaviour of animals. The Chinese recognise it for the beneficial effect it has on chronic illnesses such as arthritis and rheumatism. Each exercise is examined in detail, and its effects on health explained. The film is further enhanced by tranquil images of nature, filmed in the magnificent parks and gardens of the Coubertin Institute.



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**COLOUR PAL**  
**4:3 ASPECT**  
 Region Code:  
**0 ALL REGIONS**  
 Sound Format:  
**STEREO**

**E Exempt from Classification**



Running Time: 187 mins

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DISCOVER THE ANCIENT ART OF

QI GONG

DISCOVER THE ANCIENT ART OF

QI GONG



with Dr Jian Liu Jun and Akli Hammadi

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