



Daoist Meridian Yoga: Activating the Twelve Pathways for Energy Balance and Healing

L.Ac, MOM, Camilo Sanchez

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Maintain your life energy or Qi flowing freely through your body for optimal health, vitality and to promote longevity with Daoist Meridian Yoga. This definitive guide is a complete instructional book providing everything you need to develop your practice. It is fully illustrated with over 200 color photos and includes detailed description of the 24 exercises that work by lengthening and toning specific muscle groups associated with the twelve main energy meridians. The book also explains how to spot signs of imbalance that manifest as physical ailments, describes the pathway of the primary energy channels and their internal branches, provides meridian charts of the acupuncture channels, and list the main benefits for each of the 24 exercises.

Drawing on the traditions of Dao Yin, Qigong and Chinese medicine, Daoist Meridian Yoga is an ancient system that will help to transform your health and balance your energy. This book is an invaluable resource for practitioners and enthusiasts of Yoga, Qigong, Tai Chi, the healing and movement arts, students and practitioners of acupuncture and Chinese medicine, martial arts practitioners, massage therapists, health professionals wishing to prescribe Qigong exercises to ameliorate specific health conditions, and anyone interested in learning a complete meridian workout, energy balance and self-healing practice.

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