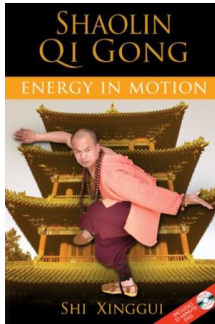


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Inner Traditions Bear and Company, United States, 2008. Mixed media product. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book. The great teacher Bodhidharma is credited with the creation of Shaolin Temple qi gong and kung fu in the 6th century CE. Motivated by the terrible physical condition of the monks who spent all their time meditating or copying scrolls, his two-part system promoted physical as well as spiritual fitness and became the basis for all...

### Read PDF Shaolin Qi Gong: Energy in Motion (Mixed media product)

- Authored by Shi Xinggui
- Released at 2008



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