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The Way of Qigong: The Art and Science of Chinese Energy Healing. New York: The Random House Publishing Group. Johnson, Jerry Alan (2000). Chinese Medical Qigong Therapy: A Comprehensive Clinical Text. Pacific Grove, Calif.: International Institute of Medical Qigong. Reid, Daniel (2000). A Complete Guide to Chi-Gung: Harnessing the Power of the ...

Qigong | Taking Charge of Your Health & Wellbeing

Chinese Bioenergy Qigong is a 1-hour session of qigong exercise conducted and popularized by Dr. Li Cheng Chung, which includes warm-up movements, breathing regulation, gentle movements, body stretching, meditation, and relaxation. Thus Chinese Bioenergy Qigong was chosen to be the intervention program in this study.

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