



## Zhong Yuan Gigong: First Stage of Ascent: Relaxation

By Tamara Martynova

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Zhong Yuan Qigong, like all Qigong systems, is an ancient Chinese art for improving health; it is a way of thinking and a method of communication with the surrounding world and the entire universe. It has a more than seven thousand year lineage and represents the wisdom and knowledge of Grandmasters from many generations. This School belongs to the highest levels of Qigong; practicing it allows to breakthrough to a sphere of unique possibilities, to discover ourselves, to understand the world and to find our place and purpose in it. Comprised of elements from different schools ZYQ has no connection with religion, politics or ideology. The book is intended for general readership and for people who practice Qigong.

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#### About the Author

Xu Mingtang, Ph.D, Grand Master of Qigong, founder and president of the Mingtang International Fund, president of the Chinese Association of Zhong Yuan Qigong (ZYQ); counselor at the World Academic Society of Medical Qigong; and professor at the Joint Chinese-Western Hospital in Beijing; directs the Kundawell Institutes in Beijing and Seattle. Since 1998 Xu has led the annual international ZYQ retreats in Shaolin. He currently conducts ZYQ seminars and demonstrates healing methods throughout the world. Martynova Tamara, Ph.D, vice president of Ukrainian Association of ZYQ, head of Kiev ZYQ Center, and co-author of ZYQ publications, videos, and educational programs. Since 1993, she has been teaching ZYQ throughout the world.

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