

# Download Chinese Qigong Massage

The difference between Tai Chi and Qigong by Great Grand Master Kellen Chia October 23, 2011 Overview  
Tai Chi and Qigong are ancient practices that have led to improved health, fitness, wellbeing and longevity for countless individuals up to the present time. They both cultivate the Qi, also spelt Chi -- the life energy that flows through the body's energy pathways -- by combining movement ...In this YOQI Resource video, Marisa teaches you how to activate your qi hands and make a qi ball. This exercise is meant to help you feel qi during your qigong, yoga or hands on healing practice. w...