

**Chi-Lel Qigong: Body And Mind Method- Based On
The Teachings Of Dr. Pang Ming By Hou Hee Chan**

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(also known in the U.S. as Chi-Lel Qigong), creates a healthy mind, body and spirit by cultivating and balancing an internal energy call Qi (chee).

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Hou hee chan (author of chi- lel qigong)

Hou Hee Chan is the author of Chi-Lel Qigong (2.00 avg rating, 1 rating, 0 reviews, published 2002) register; tour; sign in; Home; My Books; Friends; Recommendations

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Chi-lel is a form of Zhineng (medical) qigong, the practice of cultivating energy for self-healing and maintaining balance of the mind, body Chi-lel Qigong

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Zhineng qigong body & mind by master zhankui liu

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