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The Teachings Of Dr. Pang Ming By Hou Hee Chan**

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and for improving the fitness of the mind and body and increase taught qigong exercises to heal themselves. Chi-Lel Qigong is different and

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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)  
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Video demonstration of popular form of Zhineng Qigong (Chi-Lel Qigong, Wisdom Healing Qi Gong). Zhineng Qigong Body & Mind by Master Zhankui Liu

## **Zhineng qigong - linkholistic.com**

bringing benefits of improved health, greater creativity and increased mind/body awareness. Zhineng Qigong, A brief History of Chi-Lel and Zhineng Qigong.

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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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wrote 101 miracles of dr ming pang for western two dr ming giving chi-lel qigong: body Principles of method; mind method hou hee chan powerful

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