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Nov 13, 2009 This set makes up the foundation of the core Energy Arts curriculum taught at Brookline Tai Chi. The six exercises in the set help you relax the mind, move

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Page 2 of 2 - Opening the Energy Gates of Your Body - posted in General Discussion: With me it was the shoulders. Are we talking Zhan Zhuang? If so I would agree on

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He primarily teaches the Energy Arts Qigong and Opening the Energy Gates of Your Body) Opening the Energy Gates of Your Body: Chi Gung for Lifelong Health

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