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Outskirts Press, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Embedded within the martial art Ba Gua Zhang is a complete system of internal exercises that promote self-healing and longevity and transform consciousness. Ba Gua Nei Gong consists of nine powerful and profound methods of internal exercise and self-cultivation. This book is the fifth in a series of manuals on Ba Gua Nei Gong. It can be used in conjunction with actual instruction in...

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- Authored by Tom Bisio
- Released at 2014



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