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YMAA Publication Center. Paperback. Book Condition: new. BRAND NEW, Back Pain Relief (2nd Revised edition), Yang, Jwing-Ming, The Spine is the roof of all motion. Qigong Exercises can help eliminate back pain. This expanded second edition includes Qigong exercises that can restore the health of the spine. Some of the exercises are designed to heal a condition, others to help rebuild the strength of the joints, still others to help keep the back healthy and prevent further problems from developing...

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- Authored by Yang, Jwing-Ming
- Released at -



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Reviews

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