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Restoring Your Life Energy: Simple Chi Gung Practices to Reduce Stress and Enhance Well-Being

Waysun Liao

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Poor diet, pollution, and the stresses of daily life all have a negative impact on our health and well-being; this program of simple movements and meditations taught by Master Waysun Liao, a renowned teacher of the Chinese movement arts of t'ai chi and chi gung, will restore both your body and mind.

In our busy lives we are bombarded by physical and emotional stressors that tax us and deplete our vital life energy—known as *chi*. According to traditional Chinese medicine, chi is the fuel and essence that connects body, mind, and spirit, and without it we fall apart physically, mentally, and spiritually. Master Liao explains why protecting our chi is so important, how it gets taxed and damaged in our lives, and—most importantly—how to restore it. He demonstrates exercises and meditations to be done on a daily basis that are easy-to-learn, low-impact, and suitable for people of all ages and fitness levels.

The healthful benefits of the practices are now recognized in mainstream medical circles where t'ai chi and chi gung classes are increasingly offered as complementary medicine. Master Waysun Liao's selected exercises provide the essentials for a restorative, revitalizing practice.

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