

## Healing With Ki Kou The Secrets Of Ancient Chinese Breathing Techniques

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### Healing With Ki Kou The

Ki-Kou teaches you how to relax your mind and body. As you relax, you will feel yourself become calmer and calmer. When you're completely at peace, your healing energy (chi) will be able to flow freely throughout your body. This is where you'll assume the specific postures to relieve your tension and stress. At this point you'll be ready to use ...

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Learn how to breathe disease out of your body using techniques found in Healing with Ki-Kou. This book details a system of breathing techniques combined with simple body postures, handed down for centuries by traditional Chinese doctors.

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Abdominal or Diaphragmatic Breathing. The cornerstone breathing technique for Ki Kou is also its most basic. With diaphragmatic breathing, you inhale deeply from the diaphragm, expanding your belly to allow air to sink down to the lower parts of the lungs.

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