

VALE OF YORK T'AI CHI QIGONG ASSOCIATION



Library Catalogue – Books

BAREFOOT DOCTOR: Liberation

'The perfect holistic antidote to stress, depression and other unhealthy states of mind'.

BRYANT G. and JAMES L: Simply Tai Chi (book with DVD)

Basic warm-ups and a simplified form taking up little space and therefore suitable for practice at home. A beginner's text.

CHAN Jason: The Radiant Warrior Path

An inspiring and challenging book for those already on a spiritual path and wanting support or direction. Not for the faint-hearted.

CHANG Edward (translator): Knocking at the Gate of Life

Healing exercises from the Official Manual of the People's Republic of China. A comprehensive book helping to identify exercises that will enhance and restore health. Much useful material.

CHIA Mantak and Maneewan: Awaken Healing Light of the Tao (missing at present. Please return it if you find you have it)

History of qigong and its place in Chinese culture and medicine. An in depth study of the microcosmic orbit.

COHEN Ken: The Way of Qigong

The most informative and readable account of what qigong is together with many exercises, meditations and forms.

CROMPTON Paul: T'ai Chi at Home

A basic text describing a version of Yang Style. Clear and easy to follow.

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DAVIES Kim: The Tai Chi Directory

Clear introduction about starting to practise. The traditional short form devised by Chen Man-ching. Useful information.

DEMOISE Caroline: The Inner Path of Tai Chi; a spiritual journey

One woman's description of her own inner journey, yet with much helpful information based on her experience learning from Master Paul Lam, and teaching his exercises and the Sun Style.

FORSTATER Michael: The Spiritual Teachings of the Tao

A readable insight into Taoism.

FRANTZIS Bruce Kumar: Opening the Energy Gates of Your Body

Much physiological and other information to help us understand what we do when we practise qigong.

HSUEH-LIN Tsao and THORNTON Bruce: Meridians: Using the Chinese Energy Map for Your Health

A technical book showing the meridians and their points, and the health applications.

JARMEY Chris: Tai Chi Qigong

The eighteen part form in detail including where to focus. Very easy to follow and well presented material.

KAPTCHUK Ted: Chinese Medicine, the Web that has no Weaver

One of the most authoritative books on Chinese medicine.

KHOR Gary: Living Chi

'The ancient Chinese way to bring life energy and harmony into your life'.

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KIT Wong Kiew: The Art of Chi Kung

Explains what chi kung is, its principles and philosophy and how it works. Plenty of exercises with illustrations.

LAM Master Kam Chuen: The Way of Energy

Zhan Zhuang, or Standing Like a Tree, with many exercises, as well as illustrations and poetry.

MCKENZIE Eleanor: Chi Kung

Basic exercises, meditations and practices specifically to help different conditions

OLSON Stuart Alve: Qigong Teachings of a Taoist Immortal, the Eight Essential Exercises of Master Li Chin-Yun

Introduction to and description of one version of the Eight Brocades, a Taoist series of qigong exercises.

PAWLETT Roy: The Tai Chi Handbook

Explains the core principles of tai chi and the main styles. Warm-up exercises and forms.

ROCHFORD Matthew: Total Tai Chi

Lavishly illustrated comparison of styles with easy to follow warm-up exercises and forms.

SKINNER Stephen: Feng Shui: the Traditional Way to Enhance Your Life (book and feng shui compass)

If you are interested and have little knowledge of feng shui this is a useful starting point.

TSE Michael: Qigong for Health and Vitality

History and philosophy, with many clearly shown exercises.