

# VALE OF YORK T'AI CHI QIGONG ASSOCIATION



## Library Catalogue – Media on disc (DVD/CD)

(Updated June 2010)

### DVDs

Loans of DVDs are conditional on not copying them - copies of the Harmony series are sold to support a charitable fund and Pat has originals to sell should you wish to retain a personal disc.

*CHAN Jason: Infinite Chi Kung for Health*  
The Golden Sun and Spirals in the Air exercises

*CHAN Jason: Infinite Tai Chi for Beginners*  
A warm up routine followed by the three stages of the Long Form

*CHAN Jason: Infinite Tai Chi for Health*  
Gentle warm up exercises followed by the Infinite Tai Chi Short Form

**New:** *CHEN STYLE TAI CHI CENTRE: Foundation Exercises*  
Warm up exercises suitable for preparing for Chen Style form

**New:** *CHEN Zhenglei and LIMING Yue: Silk Reeling Energy*  
Good preparation for Chen Style

*HARMONY: DVD 1, An Aid to Harmony*  
Early qigong exercises up to Still Fish Dances and The Bridge

*HARMONY: DVD 2, An Aid to Harmony*  
Monkey walks the Circle, Snake Eats Plum Blossom, Wu Style long form

*HARMONY: DVD 3, An Aid to Harmony*  
The Snake, Tiger Enters the Forest, Yang Style T'ai Chi

*HARMONY: DVD 4, An Aid to Harmony*  
Wild Goose Qigong

*HARMONY: DVD 5, Moving in Harmony*  
Therapeutic Movements – the form, warm-up, Moving in Harmony – the form

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*HARMONY: DVD 6, Keep Active in Harmony*

Seated exercises using a balloon, sitting, stretching and combination movements, exercises to improve balance, holding onto a chair

*LAM Dr. Paul: Tai Chi for Health – 6 forms*

Designed for beginners to improve health and lifestyle

**New:** *LIMING Yue: 11 Form for Beginners*

The form as taught to us by Stuart Agars

*ROCHFORD Matthew: Qi Gong*

Moving meditation, with sections on Daoyin, acupoints and self-massage

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## CDs

*BLOOOM William: The Endorphin Effect*

Core strategies of effective and accessible mind-body healthcare. Simple exercises supporting physical and psychological health

*CHAN Jason: Infinite Meditation*

'A sacred gift offered to those committed to pursuing their unique spiritual path.'

*CHAN Jason: Seven Stages to Spiritual Enlightenment*

'Eventually the whole of mankind will achieve enlightenment. These insights are shared to reignite the spirit of Truth.'

*CHAN Jason: Whole Life Journey for Abundance*

'Through many years of devotion to his personal inner spiritual journey, Jason reveals the wisdom, joy, love and peace Life waits to share with us.'