

## VALE OF YORK T'AI CHI QIGONG ASSOCIATION



### **Library Catalogue – Miscellaneous media**

*COHEN Ken: the Practice of Qigong Meditation and Healing*

Five audio cassettes, Introduction to Qigong, Healing the Body, Therapeutic Qigong, Balancing the Emotions, Spiritual Qigong

*COHEN Ken: Qigong: Traditional Exercises for Healing Body, Mind and Spirit*

A VHS including basics, stretching and moving to enhance qi flow, self-massage, healing sounds, walking meditation and much more

*EYEWITNESS VISUAL DICTIONARIES: The visual Dictionary of the Human Body*

Useful physiology handbook

*FOREIGN LANGUAGES PRESS BEIJING: Standard Meridian Points of Acupuncture*

Set of charts showing names and locations of meridians and acupoints on the front, back and lateral sides of the body