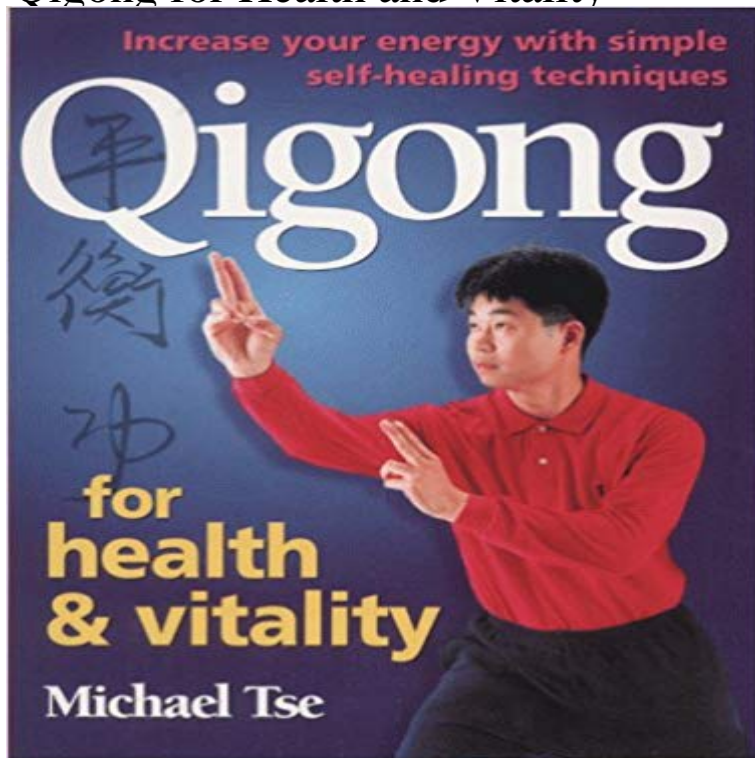


Qigong for Health and Vitality



Qigong (pronounced chee gong) is a popular Chinese exercise system. By following the exercises, which are suitable for all ages and levels of fitness, you will learn how to improve circulation and vitality, help relieve many chronic ailments, reduce stress, lose weight and strengthen the body.

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