



www.QigongForBeginners.com

Qigong Videos

Here are the links to a couple of videos I referenced – of Madam Gou Lin’s Qigong walking method:



<https://www.youtube.com/watch?v=0Tp0SJnFCyo>



<https://www.youtube.com/watch?v=VEtd36KDvpU>

And here’s a Bonus link to **10 Amazing Things You Can Do With Qi!!** Enjoy 😊

<http://sandeepnath.com/qigong>