



Bone Breathing

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Introduction

This is an ancient Taoist Qigong practice that helps to restore health and strength to the bones. The practice uses breathing and visualization to bring more healing Qi into the bones and joints. It can be used for any condition affecting the bones and joints, and complements any other form of treatment.

Preparation

You may sit or lie down for this guided visualization. All of the instructions are included in the audio. All you need to do is be comfortable, find a suitable volume level for the audio, and listen to my guidance. If you find yourself falling asleep during the practice, trust that your subconscious is continuing the process of bringing healing Qi to the bones.

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