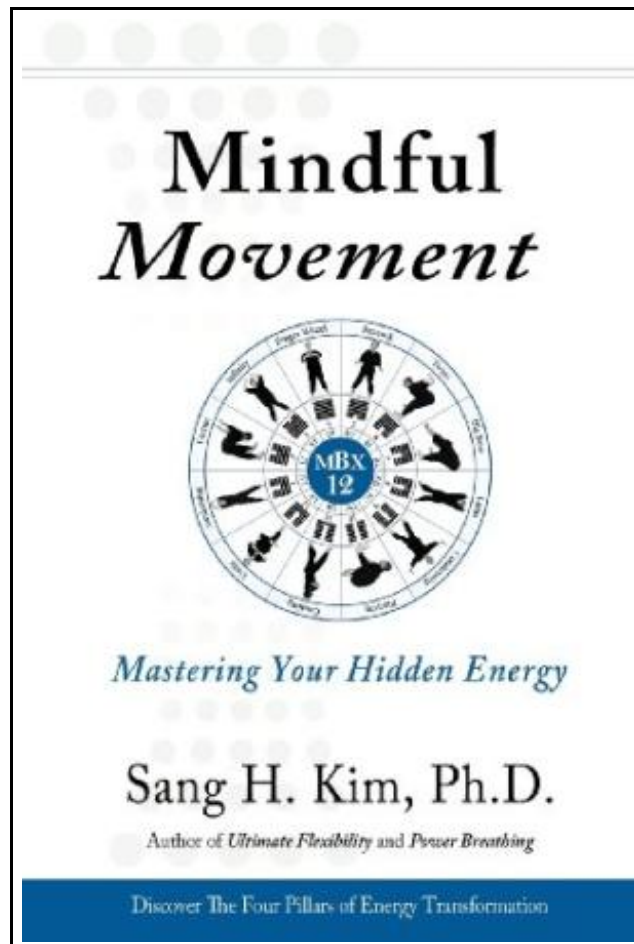


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Turtle Press,U.S., United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.This is a guide to invigorating your internal Ki energy flow through a unique sequence of 12 movements (MBX-12) targeting the 12 meridian energy channels. MBX-12 brings together mindful movement and deep breathing to create an active form of moving meditation. As you learn the exercises that make up the MBX-12 routine, you will develop an understanding of the mindfulness practice principles of attention, centring and release. Sang H Kim introduces the movements of MBX with step-by-step practice guidance, focal points, self-assessment criteria, wellness applications and detailed explanations of how mindful movement influences your inner energy flow. You ll also learn 13 MBX Mudras, symbolic hand movements that activate the 6 meridians in the hand and affect energy flow across the body. Throughout the book, short readings introduce you to the four pillars of energy transformation: mindfulness, movement, breath, and meridians. For experienced mind-body practitioners, MBX-12 is an excellent supplement to other mindful movement practice such as Yoga, Taichi, and Qigong.MBX-12 integrates your moving body with your breath, redirects energy flow along the 12 meridians, and unites the mind with all in the present.



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