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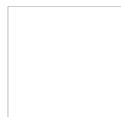
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The Yijin Jing is a manual containing a series of exercises, coordinated with breathing, said to enhance physical health dramatically when practiced consistently. In Chinese yi means "change", jin means "tendons and sinews", while jing means "methods". While some consider these exercises as a form of Qigong, it is a relatively intense form of exercisâ€¦

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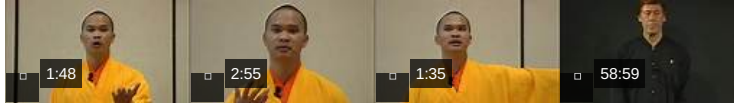
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www.barnesandnoble.com/w/yi-jin-jing-chinese-health-qigong...

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www.egreenway.com/qigong/yijinjing.htm

Yi Jin Jing Qigong Muscle and Tendon Changing Qigong Muscle/Sinew Transforming Classic, Chinese Health Exercises (Daoyin, Chi Kung) Bibliography Links Names of ...

Chinese Qigong: Shaolin Yi Jin Jing | NYC

www.nycqigong.com/shaolin_yijinjing.php

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