



# Elemental Moves: Simple Yoga and Qigong Practices Inspired by Nature

*Lori Furbush*

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## **Elemental Moves: Simple Yoga and Qigong Practices Inspired by Nature** Lori Furbush

Elemental Moves offers five short, simple wellness routines that draw from the healing systems of Yoga and Qigong, woven together with ancient Chinese wisdom. In 25 minutes or less each day, you can target your specific health needs with mindful movements and postures designed to enhance your energy flow and bring you back into balance-within yourself and with life and nature all around you. In this book, you will learn the foundations of Chinese medicine and Daoist philosophy, for a better understanding of how the Elemental Moves system can help you learn to release chronic stress and move with peace and tranquility throughout your day. These ancient sources honor the healing power of nature. Nature is filled with vibrant energy, and we are energy beings. Tap into the rhythms of nature and discover the abundance of energy medicine waiting for you. Foreword by Dr. Roger Jahnke, author of *The Healer Within* and *The Healing Promise of Qi*. YOU MAY ALSO WANT TO BUY THE COMPANION DVD called Elemental Moves.

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