



You Are How You Move: Experiential Chi Kung

Ged Sumner

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Chi Kung is the best kept secret on the planet. It is a powerful way of becoming fit, healthy and balanced through opening and mobilising the body and joints, breathing techniques, slow movement exercises, standing postures, special walking methods and meditation. It can be done anywhere, any time, in whatever you are wearing. With consistent practice you can transform your health to a high level of vitality.

Ged Sumner writes with rich insights into how to begin to think about your body and how to take the steps that will enable you to transform your practice. Completely accessible to those new to the field, the book will also be transformative for more experienced practitioners, providing many new ways of looking at 'old' elements of Chi Kung practice, and exploring the essential parts of the body most affected by Chi Kung. This modern, accessible approach to Chi Kung by a highly experienced teacher integrates mind and body and shows you how to become sensitive to yourself. A free website shows video footage of the forms in the book for easy reference.

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