

Bruce Frantzis - Qigong for Neck Back and Shoulder Pain

Distilled from traditional Qigong forms into simple yet powerful movements, the exercises taught in this program provide the direct benefits of Qigong without the hassle of learning complex and lengthy movement sets.

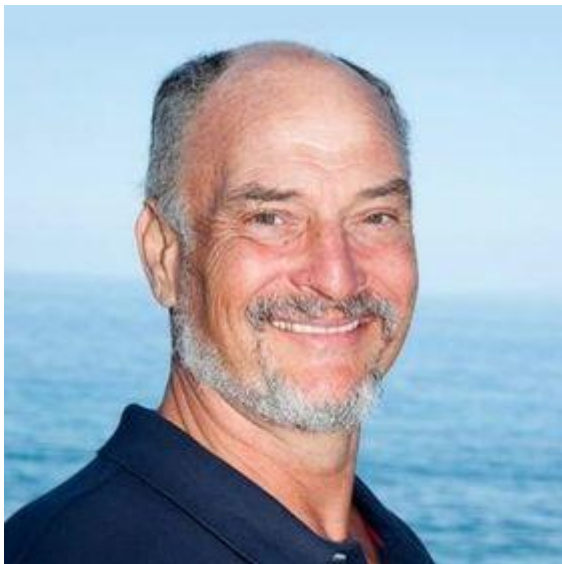
Qigong for Back, Neck and Shoulder Pain uses 5 core movements and 45 exercise options for optimum spinal health. This process includes loosening your fascia, muscles, ligaments, energizing your nervous system, and reducing pain signals.

Qigong is a safe and natural practice used to build internal strength, rebuild your musculoskeletal system, and reduce or eliminate pain. Uncover the root cause of your pain and heal it at the source!

With Instructor Bruce Frantzis

Taoist Master Bruce Frantzis will teach you the same four-level, step-by-step progression he used to recover from his own broken back in 1982 and to treat over 10,000 patients as a Doctor in China.

Qigong is the shortest and most direct way to eliminate neck, back and shoulder pain. – Bruce Frantzis



Product Details

For only \$97 (regular price \$197) you will receive:

- Online video lessons & guided practices (4.5 hrs, MP4 format)

- Five fundamental movements of Medical Qigong
- 45 Targeted Exercises for neck, back, and shoulders
- Bonus: Taoist Breathing for Tai Chi and Meditation Audio Program
- Bonus: Taoist Meditation Audio Lessons to cultivate concentration, focus and intention
- Access to the Energy Arts Forum on Facebook

Once you subscribe, you will receive instant access to the program.

Go Beyond the Ordinary

Our courses are designed to facilitate healing in the body, building qi and cultivating the mind. Energy arts practices can be applied to many different areas of life you seek to improve.

Whether it's your golf game, parenting children, body performance, enhancing relationships, or a quieter mind, these practices will give you the internal skills necessary to lead a more balanced, full and relaxed life.













Who is this course for?

- Anyone who wants to improve their neck, back, and shoulder health, or get a stronger connection to their body
- People who want to reduce the effects of stress in the body from long commutes, computer, and work-from-home hours
- Qigong, Tai Chi, and Somatic practitioners who want to upgrade their ability to work with the back, neck, and shoulders
- Qigong beginners who want learn simple but powerful movements

What Can I Expect to Learn?

- How to relieve your pain with ancient Chinese exercises
- How to target specific areas to release binding, tightness and tension
- How to loosen your fascia, muscles, ligaments, and tendons
- How to increase blood flow and reduce the stiffness from daily computer work
- How to lubricate your nervous system and reduce pain signals
- How to uncover the root cause of your pain and heal it at the source

Proof Content

	LEVEL_1			281.8 MB
	LEVEL_2			669.7 MB
	LEVEL_3			548.4 MB
	LEVEL_4			145.6 MB