

Lee Holden - The Iron Shirt Qi Gong Online Course

Protect Yourself From Illness, Heal Tendons and Joints, and Reverse the Effects of Aging

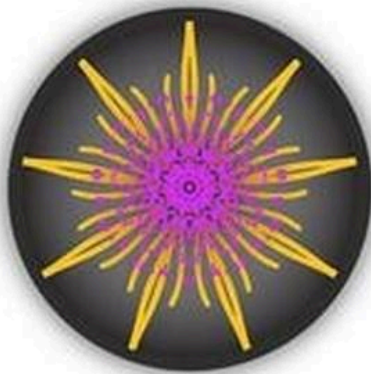
The Iron Shirt Qi Gong Online Course

Presented by Lee Holden

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IRON SHIRT
Qi Gong



IRON SHIRT
Qi Gong

Discover an Ancient Qi Gong Form Once Reserved for Shaolin Monks to Cultivate Strength, Power, and Abundant Energy

We are at our best when we are powerful, healthy, and bursting with vibrant life-force energy.

But often things like stress, mental turbulence, and global events hit us hard. When we're faced with challenges, it's critical to have the skills and training to be resilient and protect yourself during tough times.

Iron Shirt Qi Gong is one of the best ways to **protect yourself from the physical and emotional blows that life deals you.**



How Does Iron Shirt Work?

Shaolin monks first practiced Iron Shirt Qi Gong to protect themselves from invading armies. There are stories of 100 monks defeating armies of 10,000.

Today, Iron Shirt is practiced for **energy cultivation, internal power, and spiritual development.**

In the Iron Shirt Online Course, you will use this ancient Qi Gong form to **protect your immune system**, build strength in your tendons and bones, and reverse the effects of aging. You'll also learn routines to **withstand the emotional blows of modern life** and negative energy from others.

Also known as Golden Shield or Tree Meditation, the Iron Shirt Qi Gong practice builds Qi (life-force energy) through the body for power and strength. **It's as if practitioners create an "Iron Shirt" around their bodies.**

It has very practical benefits. First, you are **training the immune system to withstand the blow of sickness and disease.** Second, it helps you withstand the emotional blows of modern life and negative energy from others.

Iron Shirt Qi Gong helps you build "inner structures" so your Qi can flow freely, and **build strength, power, and abundant energy.**

In the Iron Shirt Online Course, You Will...

Protect Your Body

Shield against negativity, injury, and illness...

By creating an "Iron Shirt" around your body.

Build Strength

Cultivate inner power...

By creating “inner structures” that allow Qi to flow freely.

Remain Youthful

Reverse effects of aging...

By infusing your blood with healing energy and regrowing bone marrow.

The Iron Shirt Online Course Is Divided Into Three Easy-to-Follow Modules

We'll cover protecting your body from illness, healing tendons and joints, building strength in your bones through Qi Gong, This course is taught in three modules:

Module 1: Standing Meditations Protect the Body from Injury and Disease

Module 2: Tendon Nei Gong to Strengthen and Heal Tendons, Ligaments, and Connective Tissue

Module 3: Bone Marrow Nei Gong to Revive the Bone Marrow and Reverse the Effects of Aging



Module 1: Standing Meditations Protect the Body from Injury and Disease

Learn the theory and practice of Iron Shirt Qi Gong. You'll get a comprehensive set of exercises, breathing patterns, and visualizations. Lee will present the practice primarily for improving your health rather than self-defense.

- **Withstand the emotional blows of modern life** and protect yourself from the negative energy of others. If you're a highly sensitive person (HSP), the Iron Shirt practice will protect you physically, energetically, emotionally, and psychically.
- **Train the immune system to withstand the blow of disease and sickness.** The Iron Shirt was originally used to protect the body from physical blows sustained during combat, but also helps build a protective shield against sickness and disease.



Module 2: Tendon Nei Gong to Strengthen and Heal Tendons, Ligaments, and Connective Tissue

Prevent and relieve arthritis. Learn how to use Tendon Nei Gong to help prevent and relieve arthritis by forcing poisonous acids out of the body to make room for healing Qi.

- **Reverse the effects of aging on tendons and joints.** Discover how to heal damaged tendons and joints without strenuous movement.
- **Build balance, strength, and power.** Use the eight movements to strengthen the tendons and improve the circulation of Qi throughout the whole body.



Module 3: Bone Marrow Nei Gong to Revive the Bone Marrow and Reverse the Effects of Aging

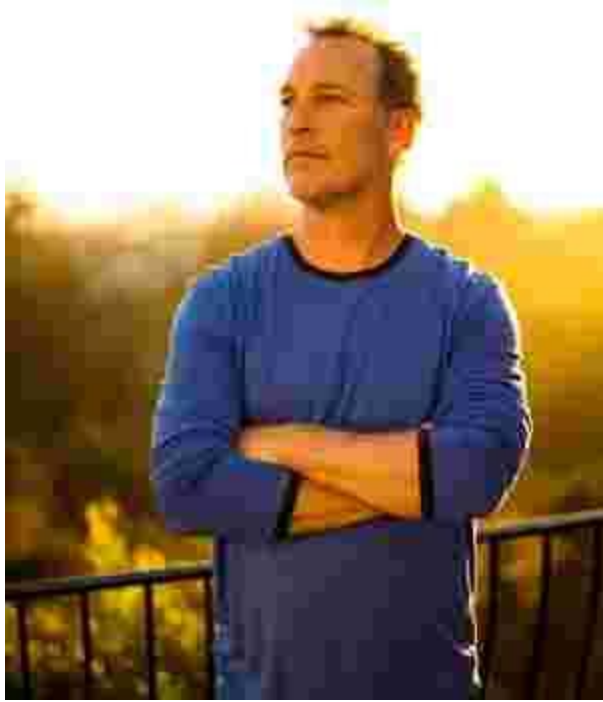
Reverse the effects of aging. Learn how to infuse your blood with healing Qi to nourish your internal organs and glands.

- **Help prevent osteoporosis.** Use “Bone Breathing” and “Bone Compression” practices to regrow bone marrow, strengthen your bones, and prevent osteoporosis.
- **Detoxify the body.** Nourish the blood to help remove poisonous toxins from the internal organs and glands and enhance your Qi.

Protect Your Energy, Cultivate Inner Strength and Power

Enroll in the On-Demand Iron Shirt Online Course Today for \$347

[Enroll Now](#)





Meet Your Guide: Lee Holden

Lee is an internationally known master Qi Gong instructor and an expert in making ancient wisdom applicable to modern life. He is also a licensed acupuncturist, herbalist, and successful

author. He's been featured on American Public Television and PBS stations throughout the U.S. and Canada.

With his DVDs, Public Broadcasting specials, classes, workshops, and teacher certification program, Lee has helped thousands of students maximize their energy, slow their aging process, and feel better than ever.

How Lee has helped people just like you...

"I'm reaping the benefits of doing Lee's sound healing course and Iron Shirt. I'm relishing the joy of the flow of Qi through areas that have been missing out lately."

Trevor Jones

"I began my Qigong study with Lee in the autumn of 2005 at Five Branches Institute. I completed the Qigong Instructor's course with him and went on to study Buddha Palm and Six Healing sounds over the following years in workshops with him and Grand Master Mantak Chia. I was in Hangzhou, the People's Republic of China in 2006-7 and worked out regularly in the parks with hundreds of people doing morning exercises. From the depth and accuracy of Lee's teaching, **I was oftentimes complimented on the execution of Taijiquan or certain esoteric and difficult Qigong forms.** My praises for Lee Holden have no ceiling. He is Master Holden."

Gene Ervin

"After following Lee for the last 15 years at a pivotal point in my life **I feel I've now entered another point of accelerated growth** and can't wait for more to flow through me, and to others.

Thanks and Qi!!"

Nancy

"Magic! Thanks so much. Many blessings and gratitude to the team for your service to the community. I am honored. **These classes are life changing** and well received."

Holden QiGong Student

"It was one day ago that I posted photos of my 90-year-old parents practicing QiGong with Lee on YouTube. We want to say how deeply touched we are by the over 1000 responses that we have received from all of you. I read all of your heartwarming comments to them and we are so grateful for your kindness. **It has made me aware of the vast 'Field of Qi' that this community creates with our practices.**"

Naomi Hayter

"I would like to express my deep gratitude that 'Lee Qi ' has brought into my life. I had been through severe anxiety and depression because of my life situations. Since September, I've

been doing two hours of Qi gong almost every day and here's my shift. **I feel good in my mind, the negative thoughts are easily transforming to compost and I'm sleeping so deep.** I have more energy. I'm eating happily. Please accept my deepest gratitude. Thank you for this huge transformation with such ease and comfort in just four months."

Mousumi Phukan

"Lee's workshop was deeply moving. It felt as if so much gentle, shifting, internal work was going on; **channels opening, releasing and healing movement happening.** This feeling of being transported and rooted at the same time, all parts moving in graceful synchronicity, with such a deep feeling of well-being and connectedness to our inner self, to Lee, and to all who participated, seemed to be our individual and collective experience."

Heidi Elder - NCMT, LMT, Certified Holden Qi Gong Instructor

"I made a choice 10 years ago to take an energy healing class. Before that I had been deeply depressed, suicidal, addicted to Ativan and struggling to find help. The therapeutic model was not working for me and was keeping me in a state of PTSD and trauma. It took a lot of work for me to go out of the house and be around people."

Holden Qi Gong, Lee and all of the work you are doing is a huge part of this major healing that I am experiencing right now.

My heart is so full of gratitude for you all, for the wonderful work you are doing to share these amazing teachings with the world. Please know you are making a huge difference in so many lives especially during these times of fear and unrest."

Paul C.

"Lee is a master teacher and I have learned so much from all, I especially love when he goes in-depth in a workshop or course."

Karin Konoval - Holden Qi Gong Tier 1 Student

"Ten minutes after the class my knee and foot started throbbing with chi energy. It seemed to be **melting tension after about 5 minutes the intensity stopped and all the years of pain washed away.** I could feel the layers go like peeling of layers of rust. This was such an amazing spiritual experience. I realized there is so much love out there so please thank Lee for showing it to me. My life changed after that session. I realized so many things, one being **I'm not in control of anything unless I listen to the Universe.**"

Gregory Potter

Sales page: <https://www.holdenqigong.com/p/iron-shirt-qi-gong-online-course>