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## Healing With Ki Kou The Secrets Of Ancient Chinese Breathing Techniques

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calmer and calmer. When you're completely at peace, your healing energy (chi) will be able to flow freely throughout your body. This is where you'll assume the specific postures to relieve your tension and stress. At this point you'll be ready to use the secret Ki-Kou breathing techniques. To heal the parts of your body that need treatment.

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Healing with Ki-Kou is a practical step-by-step guidebook. Through the use of easy-to-follow instructions and informative illustrations the reader is taught to harness the powerful healing forces within themselves. You will learn a natural self-care system that allows you to regulate the flow of energy throughout your body.

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Chinese medicine has focused on the channelling of energy or "qi" in the body as a source of healing and vitality since ancient times. "Qigong" is the Chinese system of breathing practices, movements, postures, and other practices to increase and direct chi in the body. "Ki Kou" is Japanese speakers' pronunciation of the Qigong Chinese characters.

~~Ki Kou Breathing Techniques~~

Virtually unknown outside of China, Ki-kou is an ancient healing technique that is a unique combination of mindful targeted breathing, simple flowing movements, and restful poses. These gentle exercises, handed down for centuries by traditional Chinese doctors, are designed to harness your body's own natural healing abilities.

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