



The Way of Energy: Mastering the Chinese Art of Internal Strength with Chi Kung Exercise (A Gaia Original)

Master Lam Kam-Chuen

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For centuries, the Chinese exercise system called Chi Kung has been shrouded in secrecy. *The Way of Energy* is the first comprehensive guide to the most powerful form of Chi Kung ever developed—"standing like a tree".

A gentle, yet profoundly beneficial form of exercise, which requires very little movement, this form of Chi Kung unlocks deep reserves of energy builds internal stamina, strengthens immunity, relieves chronic illness, and promotes the natural regeneration of the nervous system.

Using step-by-step instructions and more than 100 drawings and full-color photographs, *The Way of Energy* tells how to:

- perform the entire sequence of rejuvenating positions
- combat stress by practicing Chi Kung while standing, sitting, working, playing, and even sleeping
- prevent and treat a wide range of common ailments

Continuing our best-selling series of books for mind and body which includes *The Sivananda Companion to Yoga*, *The Dance Workshop*, and *The Book of Stress Survival*, *The Way of Energy* will help you achieve physical fitness, mental clarity, and a profound inner strength and vitality.

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