



# Qigong for Beginners

*J.R. Ricco*

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## **Qigong for Beginners** J.R. Ricco

Have you ever wondered what is this Qigong that everybody is talking about ? Is it another one of those exercises that some people "promise that you will feel better and life will become so much better". This book addresses some of these questions and more. It is for the beginner in a no nonsense attempt to explain and answer if perhaps you should take a serious look at Qigong. No exercises are included but it helps you what to look for in order to find a teacher, exercises that fit you.

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