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And Exercise, Which Are Known As 'Wei Gong'. Others Are Internal, Similar To Meditation, And These Are Known As 'Nei Gong'. Nei Gong Is The Basis Of The Accompanying Set Of Practices Called Eight Extraordinary Meridian Qigong. However, All Of The Styles Of Qigong Have One Thing In Common, Mar 2th, 2024. Using Science To Study Qigong, T'ai Chi A Martial Arts Practitioner - Chinese Medicine," Dr. Lin Since His Early Teens In Hong , Said, "one's Well Being Internal-Kong, Dr. Lints Research Stud- - Ly And Externally Are All Reflect- led Over 25 Qigong Practition- Ed In The Strength Of The Qi Ers, Many Of Them T'ai Chi Flowing Through The Meridian Practitioners. Pathways And The Internal Jan 3th, 2024

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