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Ending 1. Rub Hands Together, Palming Of Eyes, Massaging Face And Ears, Brush

Hair, Tap The Top Of Head, The Base Of Head And Neck 2. Tap On Left And Right Arms, Hands And fingers Mar 22th, 2024.

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Essence Of Qigong A Handbook Of Qigong Theory And Practice Qi Is A Chinese Term Used To Refer To All Types Of Energy. It Is The Intrinsic Substance Or The Vital

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