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Instituto Qigong Barcelona Yi Jin Jing, 12 ejercicios para el fortalecimiento de los músculos y tendones. www.institutoqigong.com

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According to some historians the Yi Jin Jing has its origins in primitive shamanistic rituals. Prototypes of these basic movements where found in a 2000 year old text called Illustration of Qi Conduction. Others however, credit Bodhidharma the Indian Buddhist monk and originator of Shaolin Kung Fu with the creation of the Yi Jin Jing. Whether this is true or not it is undisputed that the monks of the Shaolin Temple played a significant role in the evolution of the Yi Jin Jing exercises.

**Learn the Yi Jin Jing Tendon Muscle Strengthening...**

Yi Jin Jing/ Tendon-Muscle Strengthening Exercises is an accessible, fully-illustrated guide to a particular qigong exercise that focuses on turning and flexing the spine. Based on the twelve traditional routines of Yi Jin Jing, the exercises covered in the book feature soft, extended, even movements that invigorate the limbs and internal organs.

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Los Yi Jin Jing son un conjunto de 28 ejercicios destinados a fortalecer la salud y la condici&#243;n f&#237;sica en general, a trav&#233;s de movimientos din&#225;micos y posturas est&#225;ticas. Ayudan, en particular, al fortalecimiento de los tendones y a la circulaci&#243;n de la...

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