

## Qigong (Chi Kung) Suggested Reading\Viewing

Chi Kung Fundamentals DVD #1

Michael Winn

<http://www.healingdao.com/ckf1.html>

Five Elements, Six Conditions: A Taoist Approach to Emotional Healing, Psychology, and Internal Alchemy (Paperback Book)  
by Gilles Marin

Five Element Theory on Wikipedia Online Encyclopedia:

[http://en.wikipedia.org/wiki/Five\\_elements\\_%28Chinese\\_philosophy%29](http://en.wikipedia.org/wiki/Five_elements_%28Chinese_philosophy%29)

The Five Element Personality Questionnaire on a Website

[http://www.longevity-center.com/five\\_element.html](http://www.longevity-center.com/five_element.html)

Wood Becomes Water: Chinese Medicine in Everyday Life  
(Paperback Book) Gail Reichstein

Meridian Chi Kung DVD

<http://www.healingtaobritain.com/p16marketdirkoellibrandt.htm>

(You would have to specify your order is for the USA.)

Primordial Chi Kung (Spiritual Tai Chi) DVD

<http://www.taichi-enlightenment.com/>