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Fire Dragon Meridian Qigong Book - Chinese Wisdom Traditions

Fire Dragon Meridian Qigong: Essential Neigong for Health and Spiritual Transformation: Taylor Wu, Karin Taylor, Wu, Zhongxian: Amazon.sg: Books

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If you are interested in the Fire Dragon Meridian Qigong Form that Master Wu teaches, this is a great primer to get a preview of it. It has all the movements it seems, but unlike Shamanic Tiger Qigong, does not have any other information other than the form. Still very interesting, and includes some hand drawn meridian charts as well.

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