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# Instant Health: The Shaolin Qigong Workout For Longevity

INSTANT HEALTH: THE SHAOLIN  
**QIGONG**  
WORKOUT FOR LONGEVITY



SHIFU YAN LEI



## Synopsis

For the past 1500 years, the Qigong workout for longevity has been secretly passed from generation to generation at the Shaolin Temple of Zen in Henan Province, China. Now, for the first time, a 34th-generation fighting disciple from the temple shows how to optimize energy, alleviate stress, boost the immune system, and achieve optimum health. The complete workout is shown with easy-to-follow instructions and images, covering everything from stretches and stances to the Instant Health self-massage. This comprehensive guide provides detailed advice on adapting Shaolin Qigong to suit any life stage, and includes training tips, Zen wisdom, and a personalized mind-body workout created especially for the busy Western lifestyle.

## Book Information

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## Customer Reviews

Out of the four Shaolin books I bought recently, I find Shifu Yan Lei to be the author most earnest in his teaching and spiritually connected to the Buddhist roots from where Shaolin Wushu had spring. He does a great job at simplifying the Health Workout routine to just four simple groups---"Warm up, Stretching, Qigong, and Self-Massage"---and illustrates them extremely well with step-by-step

full-color photographs throughout the entire book, carefully selecting the scenic Shaolin Temple grounds as a background for its breathtaking imagery and serene beauty. He also makes relevant references to his modern day readers who may be of any gender, age group, and physical agility, sounding out why practicing Qigong can help to relieve stress, improve health, and even counteract the ageing process. The text is well spaced and large enough for comfortable reading, as one should feel when reading about an ancient healing art. I especially love the inspirational quotes and images inserted at the beginning of each chapter; they not only serve as interweaving for the chapters but also make me feel connected to the spiritual underpinnings of Qigong.

Shi Yan Lei gives clear and easy to follow instructions. His pictorials are like a slideshow of each step of the form. His perfect poses and beautiful environment are demonstrative, motivational, and awe inspiring. The photos were taken on location at the Shaolin Temple, Yellow Mountain, the Shaolin Village, and the Canton region. Shifu says, you do not necessarily have to go to a secluded, natural location. You can do the Shaolin workout/practices in your own living room. Warm up, stretches, the Five Fundamental Shaolin Stances, the Eight Treasures form, some Ch'an philosophy as a background context. If you do not do martial arts, you can do whatever type of cardio exercise you want and then do the Shaolin Qi Gong. You do not have to be a Buddhist to do his practices. The accessibility of Shi Yan Lei's workout, his sincerity, the beautiful photography, his sculpted physique have certainly motivated this student to make the Shaolin workout a habit. I highly recommend this book and Shi Yan Lei's upcoming book, Instant Fitness: the Shaolin Kung Fu Workout, his DVDs, and his other merchandise.

Beautiful photography and inspiring story. A must have for those who are serious about wing chun, spirituality, physical fitness, and of course, qi gong. Love the book and definitely recommend.

I found this book informative, well-written and easy to understand. It will no doubt enhance my experience. I plan on ordering the next book in this series of instructional material.

I just completed my first workout following the instructions in the book. I first read it all the way through. While it's far too early to say how Qigong will be of value to my health, if at all, I can say that the warm-up, stretches and the workout made me feel exceptionally good and quite relaxed. I was somewhat anxious before the workout. It did take my blood pressure down. The workout didn't take long. Admittedly, I'm sure I didn't do it in any professional manner. I just followed the

instructions as best I could, as instructed in the book. The feeling after the workout can best be described as total relaxation in mind and body. I generally have problems following exercise instructions in books but found these instructions to be quite good. Now, there are two ways to apply the workout. One is for health and longevity. The other is in conjunction with Kung Fu. When you use it with a martial art, it is somewhat different in many ways and that's not what I want. I do resistance exercise and don't need to add Kung Fu to the mix. But for health and relaxation, it's a wonderful addition to your workouts. The book is an easy read. Lots of big, colorful pictures, large type and nice paper. Lots of luscious photos taken in China. Makes you want to go there. You can read it in a couple of sittings. Of course, it takes many times to even get close to perfecting the complete workout. But it's a workout anyone can do. At least, most anyone. If you are able to walk and move, you can do it. The author gives a good deal of science to back up what he says. There were a few statements he made that wasn't backed by any science in the book. That concerned me somewhat. But, there was enough science that I felt comfortable doing the workout and feeling it would be helpful to me. The author is not a native English speaker, of course. If you watch his DVDs, you'll find it hard to understand him. I think he had help in the writing as it sounds British. The book is divided into three parts . . . Part One: The Art of Science of Shaolin Temple Longevity Part Two: The Fundamentals of Shaolin Qigong Part Three: The Qigong Workout for Longevity Each part is divided into a number of short chapters. In one chapter, the author talks about himself and his own experiences, how he got into Qigong. "I am not a great martial artist which is why I'm always training and always learning. I am not the greatest teacher but I try to give a taste of what Shaolin really is. It's not a dream or a fantasy like it is sometimes made out to be, but the art and science of true health and happiness", he says. He adds, "I believe there are no bad students: there are just bad teachers, and if you choose to study from my books then you become my student and I hope I will teach you well." Of his series of books he says it is "a culmination of my twenty years experience of martial arts and the wisdom that I have learned under the instruction of many great masters. Any errors made are not those of my masters or the Shaolin Temple, but my own", he acknowledges. I must tell you, I didn't know if I would like the book or not when I ordered it. I've read many books on martial arts and none of them really met my needs. This book, however, is quite different. Perhaps it's because I was able to quickly apply it and do the workout with some ease. I'm quite fit and far more flexible than I was a decade ago before working out regularly. I think that makes a difference. But, as I said earlier, I can't imagine anyone not being able to find deep relaxation doing this workout if they got nothing else from it. Highly recommended.-- Susanna K. Hutcherson

A great book. Love every bit of it. Love the way this explains the exercises and introduce you to the greater things starting with very basics.

I am sure this will be just as good if not better then better!

Great book for any stage of qi gong practice

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