

# **Qigong: Foundation Practices: Twelve Health Exercises From The Wah Family System By John Munro**

**By John Munro**

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John Munro . John Munro is a Qigong and kung fu teacher based in Auckland, Twelve Health Exercises From The Wah Family Style and The practices, and  
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<http://longwhitecloudqigong.com/online-courses/qigong-foundation-practices/>

Munro John Books from Fishpond.co.nz online store. Health; Arts & Crafts; A Strategy for System Reform.  
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About Your Therapist. The principle therapist at the Northshore Kung Fu and Qigong Health Centre is John Munro. Foundation Practices: Twelve Health Exercises  
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Pdf Qigong: Foundation Practices E-Book. About the Author John Munro has studied traditional Chinese medicine and qigong under the tutelage of Alastair Laubach-Bourne  
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