

Qi Gong for Vitality Jeffery Chand

https://youtu.be/566FRtbz_bw

Qi Gong for a calm and clearer mind – Jeffery Chand

<https://youtu.be/lbjrafxW6rA>

Qi Gong easy and effective – Jeffery Chand

<https://youtu.be/Y88zYo0YIOo>

Qi Gong Evening exercise – Lee Holden

<https://youtu.be/msjuEbtKA8o>