

Meridian Exercise For Self-Healing, Book 2: Classified By Common Symptoms (Dahnhak, The Way To Perfect Health) By Ilchi Lee

By Ilchi Lee

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Ilchi Lee (Korean: 이치리, One of the mental and physical health enhancement techniques that Ilchi Lee created, Meridian Exercise for Self-Healing. 2 volumes.

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Dahn Yoga Healing; Dahn Yoga Reviews Founder Ilchi Lee; Shim Sung Training; Medical Therapies analyzed data taken in the 2002 National Health Interview Survey

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