

## Nei Gong

**Nei Gong** *\*FREE\** *nei gong* Nei Gong, which in Chinese means 'internal work', is a wonderful series of movements originating thousands of years ago in The Himalayas. Cultivated by the Taoists, these gentle exercises were passed down orally from Master to student, remaining hidden for centuries, hence they are not widely known in the west.

### NEI GONG

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