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Five Pressure  
**5 Minute Chi  
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Pressure  
Points For  
Reviving Life  
Energy And  
Healing Fast  
Chi  
Reviving Life  
Energy And  
Healing Fast  
Chi Powers  
For Modern  
Age Volume**

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amusement, and a lot  
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Energy and Healing***

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exercise***

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jammed up or depleted  
of energy? Take a **Chi**  
(energy) shower. A  
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Simple Easy beginners

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## **Mile 3 | Walk at Home Workout** SNOW

DAY! There's "REALLY"  
No Place Like  
Home...to WALK  
Yourself Healthy!  
Here's a fun 1 Mile for  
your SNOW DAY!  
Happy...

## **5 Minute Belly Blasting Walk!** It's such a busy time of the year! We know it can be hard to stay on track with your fitness routine around this

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time of year and  
that's ...

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presents "Eight Pieces of Silk Brocade", the ancient Chinese qigong exercises. Practiced daily, it can slow down the ...

## **5 Minute Fat Burner**

| **EXPRESS Power**

**Walk | HIGH sweat** ☐☐

You can always find just **5 minutes** to win your workout day!

Here's my no equipment needed, apartment-friendly **5 minute** express ...



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**5-Minute Yoga to  
Energize** Take a **5-  
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energize your body and  
mind! We'll move  
through half sun  
salutations, spiral spine

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rinse, low crescent ...

## **5 Minute Meditation Timer 5 Minute**

Meditation Timer with  
bells ringing at  
beginning and end.

## **5 Minute "Follow Me" Tai Chi - Great for Beginners Tai Chi in 5 Minutes -**

Sometimes even 15  
minutes for your Tai  
**Chi** practice is a  
luxury. But don't worry  
- you can still get the

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same ...

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