

# **Liangong: Healing Exercises For Better Health**

## **By Wen-Mei Yu**

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Liangong is a set of movements that allow a life with more health, Here you can see the therapist Andrea Eugenio showing the first part of this exercise created

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mazibozu Beauty Within Darkness: Liangong: Healing Exercises for Better Health, Wen-Mei Yu , Master Yu has broken down the Liangong system into two parts:

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Lian Gong Shi Ba Fa can improve bad posture, and designed a system of simple yet comprehensive exercises to improve health and quality of life.

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