



**Thank you for your order!**

The Lift Qi Up and Pour Qi Down method belongs to level 1 of the Zhineng Qigong. This method promotes the exchange between external and internal Hunyuan Qi and increases the quality and quantity of your body Qi.

The spoken language is English. Duration: 50 minutes

The password to open the link on Vimeo is as follows: **ZhiQi#VI2021myl**

[Lift Qi up Pour Qi down Methode](#)

Enjoy watching the film!

**The ZhiGong Online team**