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Lee Holden Qi Gong Flow For Beginners is a perfect Qi Gong routine for insomnia and stress relief. Lee Holden Qi Gong Flow For Beginners is a perfect Qi Gong routine for insomnia, stress and anxiety. It relieves tension in the neck and shoulders and balances the kidneys and adrenals. Qi Gong Flow for Beginners by Lee Holden, has been featured on American Public Television and PBS stations nationwide. It's a gentle "moving meditation" that releases tension, cultivates energy, and helps connect you to your own inner sense of balance and harmony.

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Lee Holden is a fantastic Qi Gong instructor. I now have 4 of his DVD's and recommend them to everyone. Starting the day with this meditative flow instills a peaceful balance and allows me to be more focused on my work as an agricultural nutrient management specialist. Exercise to Heal Qi Gong Videos with Lee Holden As Seen on PBS.

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