



# **ChiWalking Workbook: Your Step-by-Step, 8 Week Instructional Guide to Developing a ChiWalking Program (Your Step-by-Step, 8 Week Guide to Developing a ChiWalking Program)**

*Danny Dreyer, Katherine Dreyer*

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The ChiWalking Workbook will guide you "step-by-step through an eight week program of learning the ChiWalking technique along with developing the skills to upgrade your program safely and effectively. You'll learn how to master each of the ChiWalking focuses and become a graceful competent walker. If you want to walk safely for many years to come, jump start your walking program with this valuable "owners manual" for the mindful walker. The ChiWalking Workbook will bring to life all the lessons from the ChiWalking book and leave you with a clear sense of how to apply the 5 Mindful Steps in every walk and in your life. You'll learn: \* All the ChiWalking focuses \* How to upgrade your program \* How to keep a walking journal \* How to develop a mindful walking practice \* How to use a metronome as a training tool \* How to make walking easier, safer and healthier for your body

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