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He is the technical director of the Lotus Nei Gong School of Daoist Arts, and teaches Nei Gong in the UK, Sweden and the USA. Book Description The first complete theory and practice of Nei Gong specifically as it applies to women

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Roni Edlund is a Senior Teacher within the Lotus Nei Gong School of Daoist Arts and is Head Instructor of the Lotus Moon Spiritual Arts School. She teaches Nei Gong in the UK, US and Sweden. Roni was the first woman to begin studying the internal arts in the classical feminine way within the Lotus Nei Gong School and she now aims to teach this specific feminine process to more women.

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