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Health The Shaolin Qigong Workou) By Shifu Yan Lei
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produce a graded system of Shaolin Qigong and Shaolin Kung Fu Instant Health: The Shaolin Qigong Workout For Shifu Shi Yan Lei was born in 1973

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Shifu Yan Lei is a 34th generation Shaolin Master from the Instant Health: The Shaolin Qigong Workout For Instant Fitness: The Shaolin Kung Fu Workout.

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