



The Tai Chi Healing Bible (Paperback)

By -

Apple Press, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. A practical introduction to Tai Chi techniques for physical and spiritual well-being. Tai Chi calms the mind, improves coordination, and releases positive energy. Learn the basic Tai Chi movements before trying out different programs. From the classic Tai Chi routine, the Form, to Chi Gung, each movement is clearly explained in easy-to-follow instructions and step-by-step color photography. Practical tips enable you to tailor the course to your needs, experience, time, and abilities.



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