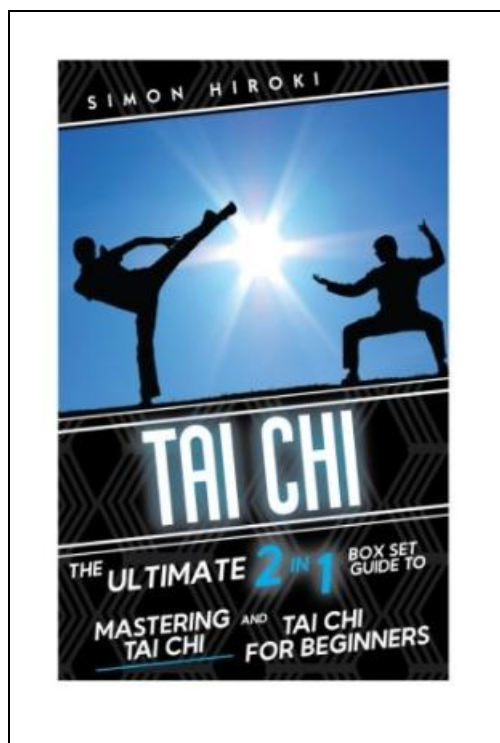


Tai Chi: The Ultimate 2 in 1 Guide to Mastering Tai Chi for Beginners and Tai Chi!



Filesize: 2.99 MB

Reviews

It is one of the most popular books. I am quite late in starting to read this one, but better than never. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Camille Larson)

TAI CHI: THE ULTIMATE 2 IN 1 GUIDE TO MASTERING TAI CHI FOR BEGINNERS AND TAI CHI!



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Ultimate 2 in 1 Tai Chi Box Series Guide! ** Read For Free With Kindle Unlimited ** Learn Everything You Need to Know About Tai Chi Today! Learn everything you need to know about the essence of Tai chi and practical steps to master This book is for the Tai chi beginner. You will learn the essential concepts of Tai chi, the fundamental steps, postures and exercises. Whether you want to learn Tai chi for health promoting reasons or if you want to master Tai chi martial art, this ebook will teach you what you need to know in order to grasp the philosophy on which Tai chi is founded, and how to execute various postures in order to start practicing this ancient Chinese art form. Learn the fundamentals of Tai chi also offers insight as to how to optimize your breathing in order to use it properly during practice and last but not least; how to build your inner strength and energy, also known as chi. By the time you finish reading this book you are going to be able to completely understand the essence of Tai chi, the philosophy behind it, why the breathing is a crucial part when it comes to truly mastering Tai chi, the Pushing Hand postures, the numerous health promoting benefits that are associated with Tai chi, and how to execute the core practices for self-defense situations. Why You Must Have This Book! >In this book you will learn how to practice the ancient art Tai chi >This book will teach you the steps and techniques taught by the great masters of Tai chi >In this book you will learn how...



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