



Tai Chi: The Beginners Guide to Tai Chi Exercises, Moves, and Balancing Energy: Tai Chi, Tai Chi Book, Tai Chi Guide, Tai Chi Techniques, Tai Chi Steps

By Lori P

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Tai Chi: The Beginners Guide to Tai Chi Exercises, Moves, and Balancing Energy Tai Chi is a low impact, weight bearing and aerobic, yet relaxing exercise which began as a martial art form. As this martial art form developed, it gained the purpose of improving physical and mental health. Tai Chi is practiced in many styles, it involves slow, gentle movements, deep breathing and meditation. The form of meditation in Tai Chi is called moving meditation. Some even believe that Tai Chi improves the energy flow through your body, leading to awareness of yourself, a calm and overall sense of wellness.

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