



The Tai Chi Healing Bible: Improve Your Energy, Coordination and Effectiveness by Embracing the Movements, Culture and Philosophy of this Ancient Practice

Mark Green

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Tai Chi calms the mind, improves coordination, and releases positive energy. Improve your overall health by embracing the movements, culture, and philosophy of this ancient practice. Learn the basic Tai Chi movements before trying out different programs.

From the classic Tai Chi routine, the Form, to Chi Kung, each movement is clearly explained in easy-to-follow instruction and step-by- step color photography

It is true that trying to define Tai Chi can never be totally accurate??as the Taoists have said for many years, the essence of a thing is un-nameable, and it is easier to describe what a thing is not, rather than what it is. Despite this ever-changing understanding of Tai Chi, this book is an extremely useful exercise and reference point.

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