



A Tai Chi Imagery Workbook: Spirit, Intent, and Motion

Martin Mellish

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This innovative book makes the benefits of Tai Chi directly available to Westerners by communicating its essence in poetic, evocative, and humorous images that apply not only to movement practices of all kinds but to daily life. The book does not assume any knowledge of Tai Chi forms. The images in this book - drawn from a wide variety of sources, both Chinese and Western, ancient and modern - are easy to understand, fun to work with, and embody the true inner spirit of Tai Chi's timeless tradition. The book contains hundreds of photos and line drawings illustrating the images, detailed explanations of the biomechanical realities that underlie the images, and a summary of the latest scientific research on the benefits of Tai Chi.

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