



T'ai Chi for Beginners

By Paul Crompton

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Great for stress relief, t'ai chi improves the flow of the practitioner's chi -- "vital energy" or "life force" -- which is essential for physical and mental well-being. This beginner's guide offers advice on the vital components of T'ai Chi -- breathing, focus, visualization, and the flow of chi. Featuring step-by-step instructional photos and a unique hands-free design, this colorful guide is a complete introduction to T'ai Chi, with core movements that can be done at home. Each exercise is accompanied by information on its purpose, the correct technique, and how to customize the movement if you suffer from weak or swollen joints.

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T'ai Chi for Beginners By Paul Crompton Bibliography

- Sales Rank: #1799295 in Books
- Published on: 2003-10-01
- Released on: 2003-09-30
- Original language: English
- Number of items: 1
- Dimensions: .48" h x 8.13" w x 11.18" l,
- Binding: Spiral-bound
- 96 pages

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