

Find Peace with Tai Chi: Teach Yourself

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Reviews

This ebook is indeed gripping and fascinating. It is definitely simplistic but excitement from the 50 % of your book. You wont sense monotony at at any time of your own time (that's what catalogs are for relating to should you check with me). (*Mr. David Stanton Jr.*)

FIND PEACE WITH TAI CHI: TEACH YOURSELF

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Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Find Peace with Tai Chi: Teach Yourself, Robert Parry, Is this the right book for me? This is the perfect introduction for beginners who want to learn the essential principles behind Tai Chi without overcomplicated instructions or confusing detail. You will learn the basic ideas and get into the Tai Chi way of thinking before picking up the 'form' and exercises through a series of simple illustrations designed for all abilities, leaving you with the perfect antidote to the stresses of 21st-century life. Find Peace with Tai Chi includes: Chapter 1: Background What does 'tai chi' mean? The tai chi form Origins of tai chi How long does it take to learn? What are the benefits? The nature of ch'i Atmospheric ch'i Chapter 2: Gently does it How fast? How slow? Breathing made visible Practice Getting started Chapter 3: Tips and suggestions Dos and don'ts Posture Basic stances Getting about Chapter 4: The form - part one Step-by-step instructions Chapter 5: The form - part two Step-by-step instructions Chapter 6: In depth Additional notes on the movement Test your knowledge Chapter 7: Tai chi and health Circulation Breathing Lymph Nerves, sensations and thoughts Food and how to deal with it Bones Muscles Glands Urinary and reproductive systems Sex Staying healthy Chapter 8: Tai chi - the learning experience Questions in class Letters and correspondence Chapter 9: Body, mind and spirit Finding a teacher Between heaven and earth Ch'i kung The five elements: pathways between body and mind Taoism .Learn effortlessly with a new easy-to-read page design and interactive features: Not got much time? One, five and ten-minute introductions to key principles to get you started. Author insights Lots of instant help with common problems and quick tips for success,...

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