



## Tai Chi: Beginners Guide to Tai Chi (Paperback)

By Paul Ambrose

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Tai Chi is a martial art that originated in China one thousand years ago. It is practised through continuous flowing, circular movements which encourage the flow of life-force energy, or chi, through the body. This helps the body to heal and rejuvenate itself, and today most people practice Tai Chi to gain its great physical and psychological health benefits. This introductory guide explains: What the correct methods of practice are How Tai Chi will increase your energy How Tai Chi can improve your health How to enhance your personal and spiritual development.



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