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Tai Chi: Ultimate Tai Chi Mastery For Beginners! Achieve Spiritual, Mental, And Physical Balance And Master Ancient Tai Chi Principles!

Mia Conrad

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TAI CHI MASTERY BEGINNERS ULTIMATE GUIDE!

This "Tai Chi" book contains proven steps and strategies on how to improve your Tai Chi practice through different methods.

Today only, get this Amazing Amazon book for this incredibly discounted price!

Tai Chi is an ancient form of martial arts that originated in China. It incorporates gentle movements that can improve circulation, strength and flexibility. Tai Chi is often referred to as meditation in motion. It focuses on slow continuous movements. Tai Chi can be differentiated from other forms of exercise in several aspects; it is usually done in circular motions and follows the natural flow in the body. According to some historians, elite Tai Chi masters are able to throw their opponent on the ground without anyone knowing how it was done. The movements in Tai Chi are generated using internal energy and are too subtle for outsiders to see.

Tai Chi is gentle enough to be adapted into any lifestyles. It requires no fancy equipment and is simple to understand. You can experience better benefits if you start practicing it before you develop any chronic illness. Although Tai Chi is gentle and slow, it provides great physical, mental and spiritual benefits. There is even a growing body of evidence that links Tai Chi to the prevention and rehabilitation of many conditions that are related to aging.

There are also many aspects to Tai Chi and this book gives you an idea of how you can integrate Tai Chi practice into your daily life.

Here Is A Preview Of What You'll Learn...

- History Of Tai Chi
- Master Ancient Tai Chi Principles
- Achieve Spiritual, Mental And Physical Balance Through Tai Chi
- Tai Chi For Beginners
- Tai Chi And Spirituality
- Yoga And Tai Chi
- Meditation To Improve Your Tai Chi And Chakras
- FengShui: Tai Chi For Environment
- Tai Chi Energy And Kundalini
- Importance Of Mindfulness In Tai Chi
- Much, Much More!

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