

*Soothe your mind and body
with this ancient, mindful art*

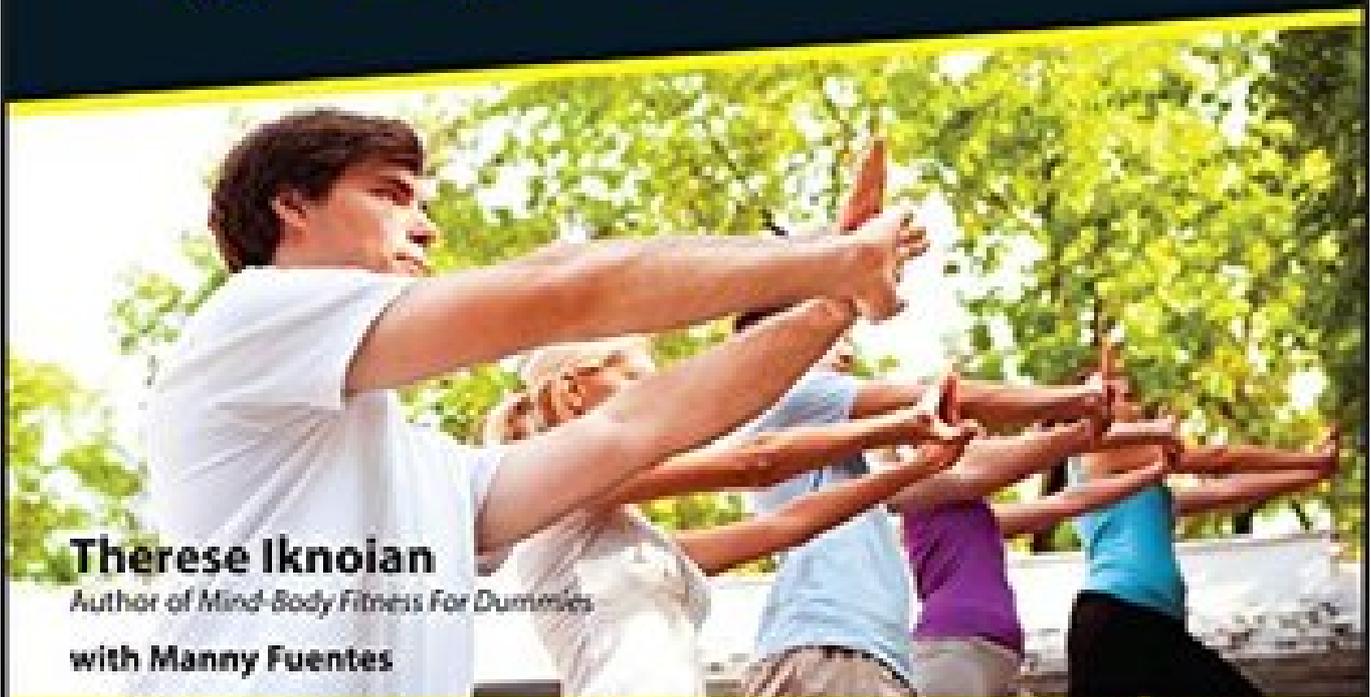


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T'ai Chi

FOR

DUMMIES®



Therese Iknoian

Author of Mind-Body Fitness For Dummies

with Manny Fuentes

A Reference for the Rest of Us!™

T'ai Chi for Dummies by Therese Iknoian

Therese Iknoian

for almost 5,000 years, humans have practiced T'ai Chi with a purpose to delay life, construct energy and stamina, increase concentration, and accomplish mental balance. hundreds of thousands of hundreds of thousands of chuffed shoppers cannot be wrong. Whether you already dabble in T'ai Chi and want to get a deeper figuring out of the basics, or you are in simple terms considering making an attempt it and need to determine extra prior to you are taking the plunge, "T'ai Chi For Dummies" is for you. In simple English, Therese Iknoian and Manny Fuentes demystify T'ai Chi ideas and practices for Westerners. They get to the bottom of unique sounding phrases and ideas and holiday down routine in ways in which extra conventional teachers and authors both cannot or won't. And with assistance from crystal-clear illustrations and step by step instructions, they get you heading in the right direction with a T'ai Chi health application absolute to aid you: elevate stability and flexibility Combat fatigue and decrease stress Tone muscles Unlock your strength facilities and advance energy Improve concentration and concentration Breathe "mindfully" and meditate Enhance your experience of internal peace and well-being Discover simply how effortless it may be to make T'ai Chi and its sister self-discipline Qigong a part of your daily life. With this pleasant reference as your consultant you are going to quick grasp the fundamental routine and forms, to boot as: T'ai Chi's Yang T'ai Chi for Dummies 24-Movement Form Qigong and Push palms techniques Techniques that aid velocity restoration from particular injuries T'ai Chi hobbies for cardio exercise Exercise is nice for the physique and soul. Now permit Therese Iknoian and Manny Fuentes enable you energize, locate T'ai Chi for Dummies internal peace, and tone your muscle mass with the mild artwork of T'ai Chi.

even if i perform tai chi four a few years now, i suppose now and then a T'ai Chi for Dummies necessity 2 return T'ai Chi for Dummies 2 the basics; now not the particular routine however the philosophy and lifestyle in the back of iti suppose i want extra history now and then and this booklet is lovely simple..can't hurt.

T Ai Chi For Dummies

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