



Tai Chi is for Everyone, Illustrated and Full Colour: Build Strength and Stamina, Calm Body and Mind, Release Toxins and Relieve Stress

Petra Ortiz

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Includes Bonus Videos - Full Colour Illustrations • Are you looking for a low-impact exercise that is gentle on the joints and perfect for all ages? • Do you want to start a fitness regimen that's proven to reduce stress and anxiety? • Would you like to reap the benefits of a meditative form of exercise to not only calm your spirit but also promote brain health? Then Tai Chi Could Be Your Answer... Learn about this traditional Chinese exercise called Tai Chi: A Low Impact Exercise That Is Ideal For All Ages And Fitness Levels A Unique Form Of Exercise That Offers Benefits Beyond The Typical Aerobic And Anaerobic Workouts Includes detailed information about... The Major Health Benefits And The Science To Back It Up, and much more Tai Chi is a form of martial arts and meditative movement. It is characterized by slow, rhythmic movements along with breathing and meditation. Practicing Tai Chi benefits emotional, physical, and mental health to yield a complete balance of mind, body, and spirit. Easy To Read Beginner's Guide With Comprehensive Information and Bonus Videos: 24 Forms Video Demonstrations Tai Chi for Health and Wellness Informational Video Meditative Movement for Health and Wellness Yoga vs Tai Chi: Which Practice Should You Choose?

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