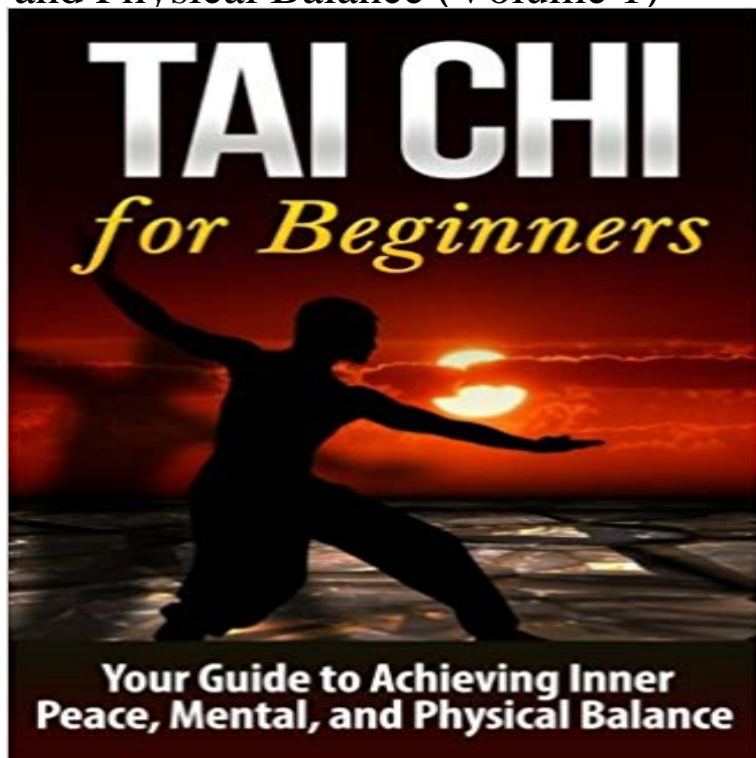


# Tai Chi for Beginners: Your Guide to Achieving Inner Peace, Mental, and Physical Balance (Volume 1)



Tai Chi for Beginners Your Guide to Achieving Inner Peace, Mental, and Physical Balance The practice of Tai Chi (Tie Chee) is a form of Chinese martial art that dates back several centuries. It has similar movements to other forms of martial arts, but the movements are done slowly and methodically, in tandem with controlled breathing. Rather than for self-defense or fighting, the art of Tai Chi is used to focus ones energy, bringing relief of stress for the mind, body and spirit. It can be looked upon almost as another form of meditation. Tai Chi Here Is A Preview Of What Youll Learn... What is Tai ChiHistory of Tai ChiSpiritual and Mental BalancePhysical BalanceTai Chi for BeginnersTai Chi for SpiritualityYoga and Tai ChiHow Feng Shui and Tai Chi are ConnectedTai Chi as Meditation to Improve Your ChakrasMuch, much more! Thank You for Choosing This Book

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