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Tai chi is characterised by its slow, graceful, continuous movements that are gentle on the joints and muscles. Done correctly, you'll find that the tai chi poses flow smoothly from one into another. Many movements are completed with bent knees in a squat-like position. Can I learn tai chi from a book or DVD?

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The Tai Chi Companion: A book around Tai Chi:

Amazon.co.uk ...

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Amazon Best Sellers: Best Tai Chi & Qi Gong

This book gives clear instructions on how to do the Yang Style 24 Form, the Eight Brocades, an 11 move short form and some other Qi Gong techniques. There are many pieces of advice on how to do the movements, the theory behind them, the

history of Tai Chi meditation and much more. There is really a lot of useful information to be had from this book.

T'ai Chi For Dummies: Amazon.co.uk: Iknoian, Therese ...

Lucy Gardner has written a very different type of Tai Chi book. Exercises in the book are dedicated to the importance of stretching in relation to Tai Chi, something that is often neglected. Other subjects covered are Tai Chi in every day life and a light hearted look at the various histories of Tai Chi.

The Tai Chi Companion: A book around Tai Chi eBook ...

The Tao of Tai Chi: The

Making of a New Science: One man's amazing 55 year journey from an angel in Kansas to a Taoist Temple in Hong Kong, which inspired a quest involving the entire planet by William Douglas

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