

If you want to learn the benefits and exercises of Tai Chi, then this book is for you! Tai Chi is a form of Chinese martial arts that is more like a dance or an exercise. It has been shown to promote body and mind capabilities by enhancing a person's stamina, strengthening the body and boosting overall mental capacities. This in turn allows you to have a better life that is harmonious with the forces around yourself. There are numerous other benefits that will be discussed later in Chapter 3. This ebook is designed to present the basic movements you need to learn, amongst the many hundreds of Tai Chi techniques. It will also teach you how to find serenity and inner peace through the practice of Tai Chi. Continue reading to learn about why Tai Chi has become so staggeringly popular throughout the world. Prepare yourself to be absolutely amazed at how purposeful this ancient form of Chinese martial art really is! Here Is A Preview Of What Youll Learn... Understanding Tai Chi Chuan (Taijiquan) and the Four Core Disciplines The 10 Vital Points of Tai Chi Chuan Benefits of Tai Chi Tai Chi Exercises for Beginners How to Find Serenity and Inner Peace through Tai Chi in 10 Steps Eighteen Important Tips for Practicing Tai Chi Much, much more! Download your copy today!

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