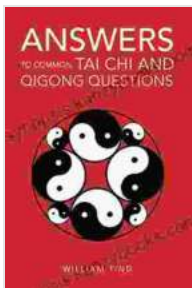


Answers To Common Tai Chi And Qigong Questions

Are you curious about Tai Chi and Qigong but don't know where to start? This book has the answers to all your questions, from the basics of Tai Chi and Qigong to more advanced topics like meditation and self-defense.



Answers to Common Tai Chi and Qigong Questions

by Graeme Schlachter

★★★★☆ 4.8 out of 5

Language : English
File size : 888 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 165 pages



Tai Chi and Qigong are two ancient Chinese practices that have been shown to have numerous health benefits, including reducing stress, improving balance and flexibility, and boosting the immune system. They are also great ways to get exercise and connect with your body and mind.

This book covers everything you need to know to get started with Tai Chi and Qigong, including:

- The history and philosophy of Tai Chi and Qigong
- The different styles of Tai Chi and Qigong

- The basic principles of Tai Chi and Qigong
- How to find a Tai Chi or Qigong class
- How to practice Tai Chi and Qigong at home

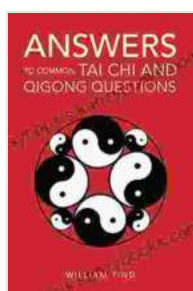
This book also includes a number of helpful appendices, including a glossary of terms, a list of resources, and a list of Tai Chi and Qigong schools and organizations.

Whether you are a complete beginner or you have some experience with Tai Chi or Qigong, this book is a valuable resource that will help you to deepen your understanding and practice of these ancient arts.

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Thank you for your interest in Tai Chi and Qigong! We hope this book helps you to improve your health, well-being, and self-defense skills.



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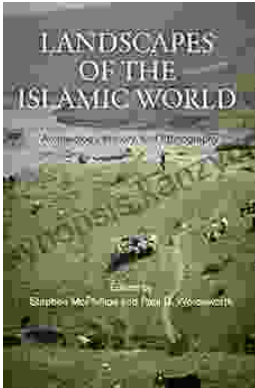
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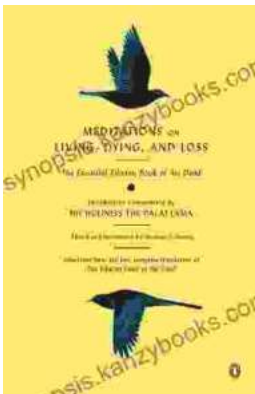
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