



Tai Chi: Tai Chi for Beginners - Your Guide to Achieving Inner Peace, Mental, and Physical Balance (TAI CHI for BEGINNERS): Tai Chi (Martial Arts, Alternative ... Living, Baha'i, Religion and Spirituality)

Bo Jing

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Tai Chi for Beginners

**This is Your Guide to Achieving Inner Peace, Mental, and Physical Balance
5 FREE Weight Loss and Muscle Gaining Books Inside**

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 one's energy, bringing relief of stress for the mind, body and spirit. It can be looked upon almost as another form of meditation.

FREE Gift Inside

Here Is A Preview Of What You'll Learn...

- What is Tai Chi
- History of Tai Chi
- Spiritual and Mental Balance
- Physical Balance
- Tai Chi for Beginners
- Tai Chi for Spirituality
- Yoga and Tai Chi
- How Feng Shui and Tai Chi are Connected
- Tai Chi as Meditation to Improve Your Chakras
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