

Beginning T'ai Chi - Tri Thong Dang

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More than a martial art, T'ai Chi is a holistic method of self-healing, a form of moving meditation and a philosophical way of life. T'ai Chi offers its physical, psychological and spiritual benefits to millions worldwide. In this handy guide, Master Tri Thong Dang, an instructor for over three decades, describes the simplified form: a set of movements specifically designed for beginners. Concise descriptions highlight the spiritual essence of T'ai Chi and display its graceful simplicity. With over 160 clear, easy-to-understand illustrations, this excellent volume is the perfect introduction to the world of T'ai Chi. Author: Dang, Tri Thong Publisher: Tuttle Publishing Illustration: Y Language: ENG Title: Beginning T'ai Chi Pages: 00072 (Encrypted EPUB) On Sale: 2012-07-03 SKU-13/ISBN: 9780804820011 Category: Sports & Recreation : Martial Arts & Self-Defense

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