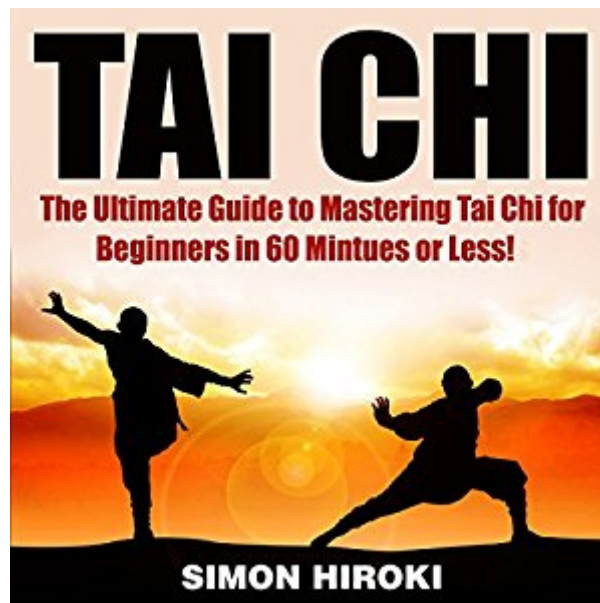




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# **Tai Chi: The Ultimate Guide To Mastering Tai Chi For Beginners In 60 Minutes Or Less!**



## Synopsis

Learn everything you need to know about the essence of Tai chi and practical steps to master it. This book is for the tai chi beginner. You will learn the essential concepts of tai chi as well as the fundamental steps, postures, and exercises. Whether you want to learn tai chi for health-promoting reasons or if you want to master the tai chi martial art, this audiobook will teach you what you need to know in order to grasp the philosophy on which tai chi is founded and how to execute various postures in order to start practicing this ancient Chinese art form. Tai Chi also offers insight as to how to optimize your breathing in order to use it properly during practice and, last but not least, how to build your inner strength and energy, also known as chi. By the time you finish listening to book, you are going to be able to completely understand the essence of tai chi, the philosophy behind it, why the breathing is a crucial part when it comes to truly mastering tai chi, the "pushing hand" postures, the numerous health-promoting benefits that are associated with tai chi, and how to execute the core practices for self-defense situations. Why You Must Have This Book! In this book you will learn how to practice the ancient art of tai chi This book will teach you the steps and techniques taught by the great masters of tai chi In this book you will learn how to find and develop your inner energy This book will guide you through the 12 steps of qiqong breathing This book will teach you the philosophy behind tai chi In this book you will learn the basics of tai chi. This book teaches you the fundamentals of tai chi. This book teaches you the essential practical steps.

## Book Information

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## Customer Reviews

disappointed. it talks about attitude, but not about any examples of exercises by showing what they

are.

This was a good book to help you get the understanding of Tai Chi fighting is the book has an easy to follow a guide , just wish it would show some pictures. the book explains all the power point of the moves this book is a great book for anyone to learn to master Tai Chi.

This is a good book for beginners like myself. Hiroki, shares some very useful techniques and skills that I am sure I will be bringing to my own practices. I believe that this is truly a good start for anyone who is looking to start the art of Tai Chi!

Great book, I knew Tai Chi was a Matial Art but didn't realize it helped with posture and meditation as well. Great to find out the origins as well. Great practical exercises and wonderful to find out how it all links together with meditation and Taoism

This book helped me to better understand what Tai Chi is and how it will benefit someone. It did not simply stress the health benefits but really explained benefits I hadn't thought about. It also includes several beginning exercises. Thank you!

This really is extremely effective information for understanding the basic principles of Tai Chi. It's truly interesting thrilling to understand Tai Chi. But also for beginner much like me requires a simple understanding of this.

Tai Chi is very intriguing to me. Never really knew what it was until I got this little kindle for free! Pretty impressive

The book was great for me being a beginner. This book has the basics and shows you exactly how to achieve mental and physical balance in your body. Please get one, worth buying

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