



The Complete Illustrated Guide to Tai Chi: A Step-By-Step Approach to the Ancient Chinese Movement

Angus Clark

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Beautifully illustrated throughout, this indispensable guide to Tai Chi provides a complete introduction to this meditative art. Often practiced for health and longevity, the simplicity and effectiveness of Tai Chi has meant that it has emerged as a popular and accessible way to cope with the pressures and strains of modern living worldwide. Containing a complete introduction to the principles and practices of Tai Chi, and accompanied by clear and instructive photography throughout, Angus Clark gives beginners and amateurs all of the support they need as they start to practice. Including sections on the basic principles of movement and the body, how Tai Chi can help to heal, life energies, meridians and the seven major chakras, as well as step-by-step guides to the complete movement sequence, The Complete Illustrated Guide to Tai Chi will help to improve mind, movement and focus for anyone seeking a more meditative approach to life.

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