



# T'ai Chi in a Chair: Easy 15-Minute Routines for Beginners

*Cynthia Quarta*

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**T'ai Chi in a Chair: Easy 15-Minute Routines for Beginners** Cynthia Quarta

Simple stretches you can do anywhere-at your desk, on your couch, or even in your car!

Visit any public park in America in the morning and you'll see them-groups of people of all ages practicing the ancient and beneficial martial art called tai chi. Tai chi has been proven to lower blood pressure, improve fitness, and provide overall relaxation and well-being. Now, it's even easier!

Originally designed for the elderly, these adaptations of traditional tai chi exercises are simple and straightforward while retaining all of the important health benefits of the original movements. You can get fit without exhausting sweaty workouts. And all you need is a chair-no props, no special clothing, no VCR!

- Includes one complete routine and five 15-minute mini-routines. - Special bonus chapter on acupressure points. - Illustrated throughout with line drawings.

This book will appeal to the millions of people who want to start exercising but can't find the time, or who are intimidated by the thought of joining a gym.

- These exercises can be done in the privacy of your home. - Appeals to busy executives as well as homemakers and retired people. - First book of its kind!

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### **From reader reviews:**

#### **Kevin Santiago:**

This T'ai Chi in a Chair: Easy 15-Minute Routines for Beginners tend to be reliable for you who want to be a successful person, why. The key reason why of this T'ai Chi in a Chair: Easy 15-Minute Routines for Beginners can be on the list of great books you must have is definitely giving you more than just simple reading through food but feed anyone with information that perhaps will shock your previous knowledge. This book is usually handy, you can bring it all over the place and whenever your conditions at e-book and printed types. Beside that this T'ai Chi in a Chair: Easy 15-Minute Routines for Beginners forcing you to have an enormous of experience including rich vocabulary, giving you tryout of critical thinking that we all know it useful in your day activity. So , let's have it and luxuriate in reading.

#### **Laurie Dunn:**

Playing with family in a very park, coming to see the ocean world or hanging out with good friends is thing that usually you could have done when you have spare time, after that why you don't try point that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love T'ai Chi in a Chair: Easy 15-Minute Routines for Beginners, you can enjoy both. It is great combination right, you still need to miss it? What kind of hangout type is it? Oh seriously its mind hangout people. What? Still don't understand it, oh come on its referred to as reading friends.

#### **Carolyn Franklin:**

Is it a person who having spare time subsequently spend it whole day by simply watching television programs or just laying on the bed? Do you need something new? This T'ai Chi in a Chair: Easy 15-Minute Routines for Beginners can be the respond to, oh how comes? A fresh book you know. You are so out of date, spending your time by reading in this completely new era is common not a geek activity. So what these books have than the others?

#### **Katrina Hering:**

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