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T'ai Chi: Ancient Physical Systems for Creating Inner Harmony and Equilibrium

By Andrew Popovic

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, T'ai Chi: Ancient Physical Systems for Creating Inner Harmony and Equilibrium, Andrew Popovic, This is a photographic guide to performing the Wu style short form sequence for vibrant health and peace of mind. It includes advice on preparation, warm up, when and how to practise, using meditation and creative visualization, and how to integrate t'ai chi into your lifestyle. For the more advanced there is also instruction on working with a partner, push hands exercises, and fighting without anger. It includes step-by-step photographs that show each sequence in clear detail. This book covers all aspects of t'ai chi, from its beginnings and its philosophical background, right through to its practical uses. There are many different variations of t'ai chi. Here, Andrew Popovic focuses on the Wu style, giving instructions on how to perform the short form in clear, step-by-step photographs, with easy-to-follow guidance. The book explains the Taoist philosophy behind t'ai chi, and how to use your understanding of energy flow and physical balance to improve your practice. It also takes t'ai chi theory into other aspects of your life, with valuable information on Chinese medicine, healthy eating, and meditation.



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