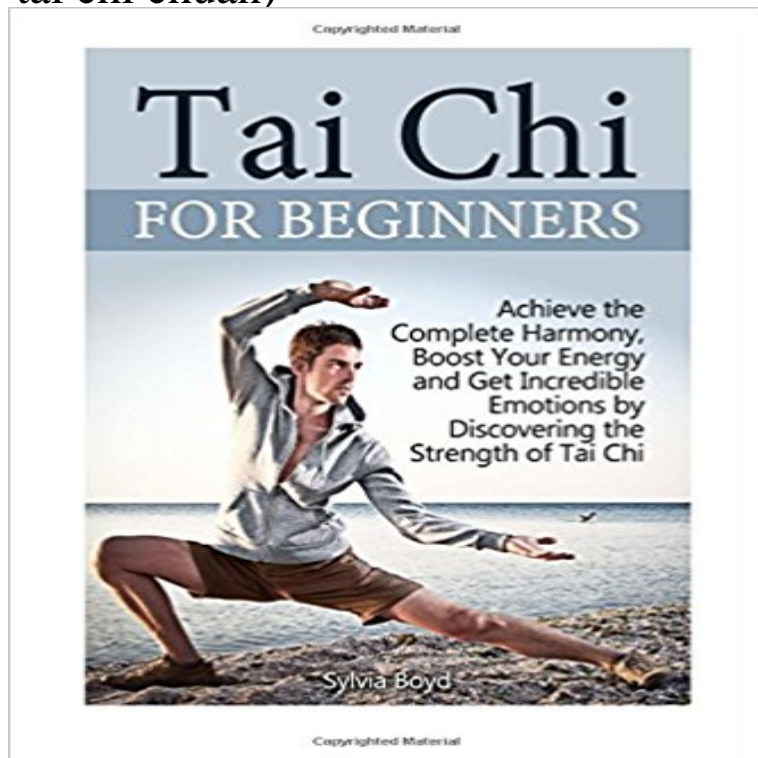


# Tai Chi For Beginners: Top 10 Tai Chi Lessons for Beginners: Find Your Inner Peace and Balance (Tai Chi For Beginners Books, tai chi for health, tai chi chuan)



Tai Chi For Beginners(FREE Bonus Included) Top 10 Tai Chi Lessons for Beginners: Find Your Inner Peace and Balance Have you ever seen people moving around in the park in a slow manner with their arms positioned in the air and standing on one or two legs in complete silence? Would you like to know more about what theyre doing and the practice known as Tai chi? Are you constantly stressed and need an exercise that doesnt require a lot of physical movement but still benefits your emotional and physical needs? Then you may want to try reading this book on Tai chi, a beginners guide to everything you need to know about this ancient practice. Tai chi has been around for centuries and is a well-known form of martial arts in China, but its appearance in the United States did not become well-known until the 1960s. Psychologists and scientists agree that the practice of Tai chi is both beneficial to your emotional and physical health. In this book, you will learn:The history of Tai chi and the mysteries that surround itThe benefits to your emotional, mental and physical health if you practice Tai chiThe five different styles of Tai chi and how they originatedAn easy warm-up to begin if you would like to start Tai chiA few beginner moves to get you startedA breathing exercise that will help you balance your energy and destress your lifeAnd much more! Getting Your FREE Bonus Read this book to the end and see BONUS: Your FREE Gift chapter after the introduction and conclusion \_\_\_\_\_ Tags:Tai Chi For Beginners Books, tai chi for health, tai chi chuan, tai chi self defense, tai chi for seniors, tai chi classics, The Inner Structure of Tai Chi, Tai Chi Illustrated Chakra Healing, Chakra Meditation, Chakra Balancing, Martial Arts, Kung Fu, kendo, hapkido, sparring gear, brazilian jiu jitsu, Chakras, Tai Chi Free, Chakra Healing, Chakra Meditation,

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