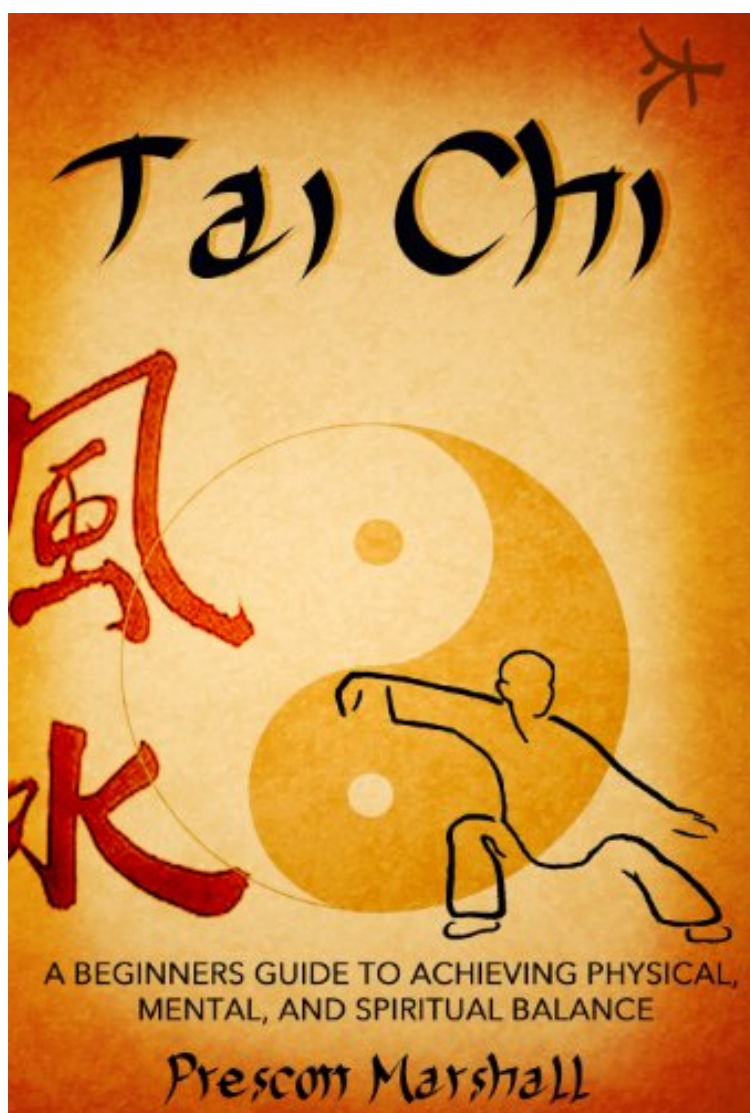


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# Tai Chi: A Beginners Guide to Achieving Physical, Mental, and Spiritual Balance (Master the Ancient Art of Tai Chi for Beginners) (English Edition)



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## Description :

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certain places for a reason and you are here because you need to learn about the amazing benefits of TAI CHI. I first began practicing Tai Chi around ten years ago and the impact it has had on my physical, mental, and spiritual well being has been profound. I had decided to write this book to show other people and beginners the amazing benefits that Tai Chi has to offer. Bottom Line - You are going to get all my years of research and expertise at a bargain price so that you can begin to Master the ancient art of Tai Chi for yourself! A Sneak Preview of: Tai Chi\* What is Tai Chi - We start with the basic principles to give you a familiar understanding of how Tai Chi works. \* Tai Chi Gear - Lets face it - Youre going to need some good gear and we will go in-depth to help you find the best shoes and workout clothes for your practice.\* Tai Chi stances and Warm Up - Learning the stances and proper warm ups is essential to getting the most out of Tai Chi\* Some golden principles of Tai Chi - This is all about the mental game and mastering that aspect.\* Tai forms for beginners Beginners fear not. We have you covered with all the info you need. That is just the tip of the iceberg my friends. There is so much more that is contained within this book that will put you on the fast track to mastering the art of Tai Chi. Your Tai Chi success story is just a click away..Simply scroll up and click the BUY button to instantly download Tai Chi - A Beginners Guide to Achieving Physical, Mental, and Spiritual Balance Tags: tai chi for beginners, tai chi for seniors, tai chi kindle, tai chi books

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