



Secrets of Tai Chi (Paperback)

By Kim Davies

The Ivy Press, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. The holistic nature of Eastern systems - with the emphasis on integrating the mind, body, and spirit - has become a focal point for more and more people. Tai chi offers a route to inner peace as well as developing real health benefits and scientific research has found that regular practice can reduce stress levels, improve physical balance, and help muscular flexibility. This book - suitable for the beginner or the experienced practitioner - tells you everything you need to know about establishing a tai chi practice at home.



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Reviews

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