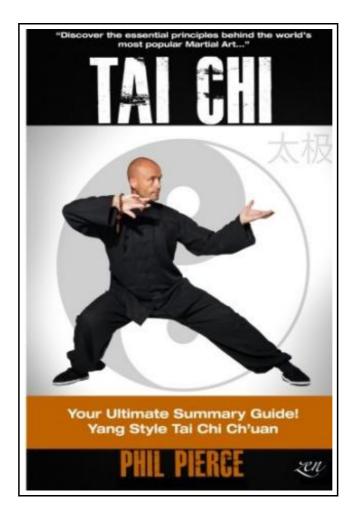
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TAI CHI STRESS RELIEF YOUR ULTIMATE SUMMARY GUIDE YANG STYLE TAI CHI CHUAN MARTIAL ARTS AND STRESS MANAGMENT



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 78 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.Discover the essential principles of Tai Chi and the amazing benefits of Stress Relief. . . Grab your copy now!Whether you want to improve your form, gain a greater understanding of Tai Chi or just learn effective methods of relaxation, this handy guide can help you get the knowledge! With collected research from instructors and experts in the fields of Stress Management and health improvement you can combine a great activity with improved health today. The History and essential principles of Tai Chi ChuanTai Chi for Stress ReliefShort forms and the 103 Movement Long FormGeneral Relaxation7 Powerful Relaxation TechniquesMeditation and VisualizationYin and Yang and more! Make the most of your Tai Chi practice and improve your health, Grab Your Copy Now!This guide is not affiliated with any Martial Arts governing body. All content is considered for guide purposes only. Training requirements may vary by area. Please note this guide is a summary of the essential information and does not include illustrations of every technique or movement. This item ships from La Vergne,TN. Paperback.

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