

Tai Chi For Body, Mind & Spirit: A Step-by-Step Guide To Achieving Physical & Mental Balance By Eric Chaline

By Eric Chaline

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mental, and physical bodies are all connected body, heart, mind and spirit, Tai Chi lets us relax into our true being and enjoy life mind, body and spirit.

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Benefits of Tai Chi. The list of benefits that regular practice of Tai Chi can bring is long, according to advocates. It can improve strength, flexibility, balance

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