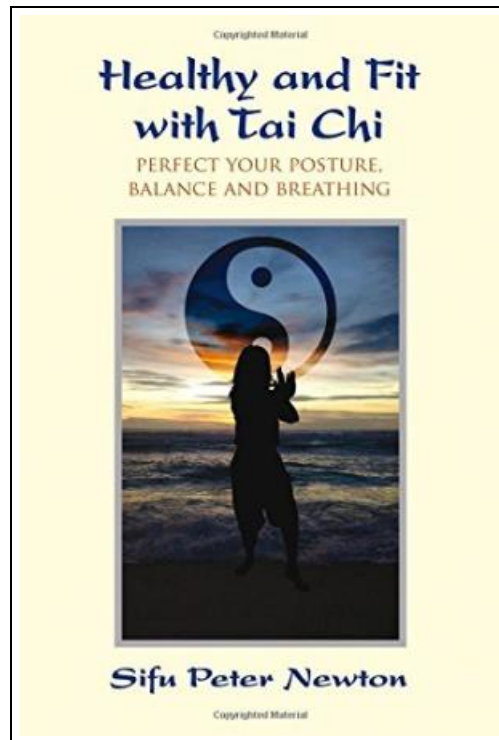


## The Healthy and Fit with Tai Chi: Perfect Your Posture, Balance, and Breathing



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## THE HEALTHY AND FIT WITH TAI CHI: PERFECT YOUR POSTURE, BALANCE, AND BREATHING



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Findhorn Press Ltd. Paperback. Book Condition: new. BRAND NEW, The Healthy and Fit with Tai Chi: Perfect Your Posture, Balance, and Breathing, Peter Newton, Jeff Cushing, Most of us, if we were honest with ourselves, would admit we have little understanding of how to look after our physical body well. Breathing, bending, stretching, sitting, standing, walking and running seem to just happen naturally. Too often, however, we forget how to perform these functions properly and drift away from nature's guidance, which, in turn, damages our health. All our physical actions involve the subtle interaction of posture and body mechanics, and at the very heart of it all there lays the breath. Good breathing practice offers many benefits to our mind, body and spirit. Using simple Tai Chi exercises this book shows how to assimilate the powerful healing postures, smooth flow of movement and effective breathing methods of the ancient Chinese, to enable our body to operate again in perfect harmony with nature. Whether you are interested in improving your general wellbeing or are struggling with a long-term health condition, you will find guidance and easy exercises in this book. Additionally, because the author dissects the ancient Tai Chi and Qigong instruction manuals on posture and the mechanics of body-motion, he offers a new dimension for physiotherapists and other practitioners who have an interest in physical therapy. From the moment you pick up this book your journey to a healthier and more contented life begins.



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