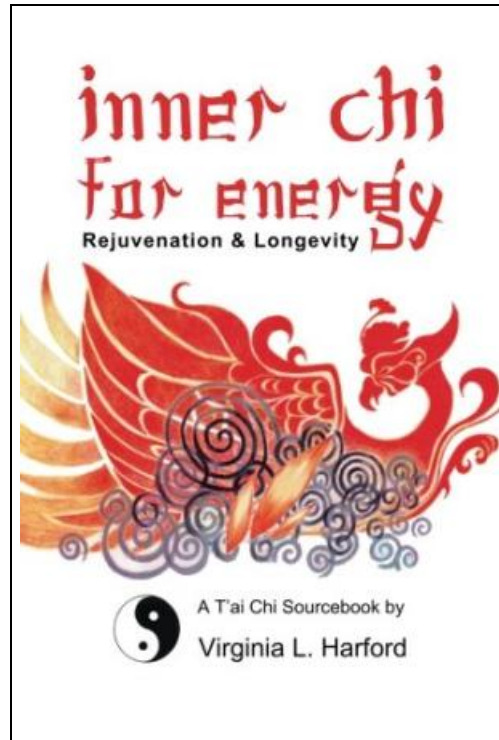


## Inner Chi for Energy: Rejuvenation and Longevity-A T ai Chi Sourcebook



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Virginia L. Harford, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Inner Chi for Energy does not have specific T ai Chi or Qigong movements. It is a Sourcebook -a reference book-and an introduction to encourage, motivate and inspire a person to learn about the benefits of T ai Chi or Qigong and some of the information that is available. Many research articles have been on the web telling of all the numerous benefits that can be obtained by doing T ai Chi or Qigong movements. Inner Chi for Energy is a wonderful resource book for students and instructors of T ai Chi, T ai Chi Chih and Qigong. T ai Chi and Qigong were practiced quietly in the temples of China and Tibet for thousands of years enabling the monks to live well over 100 years and to maintain good health, good balance, and increased physical energy. T ai Chi and Qigong regenerate your body by working on the lymphatic system-thus stimulating the body's immunity. They also benefit the cardiovascular system for improved circulation.



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