



**Tai Chi For Beginners: Top 10 Tai Chi Lessons for  
Beginners: Achieve the Complete Harmony, Boost  
Your Energy and Get Incredible Emotions by  
Discovering ... Books, Tai Chi for health, Tai Chi  
chuan)**

*Sylvia Boyd*

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# Tai Chi For Beginners: Top 10 Tai Chi Lessons for Beginners: Achieve the Complete Harmony, Boost Your Energy and Get Incredible Emotions by Discovering ... Books, Tai Chi for health, Tai Chi chuan)

*Sylvia Boyd*

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Have you ever seen people moving around in the park in a slow manner with their arms positioned in the air and standing on one or two legs in complete silence?

Would you like to know more about what they're doing and the practice known as Tai chi?

Are you constantly stressed and need an exercise that doesn't require a lot of physical movement but still benefits your emotional and physical needs?

Then you may want to try reading this book on Tai chi, a beginner's guide to everything you need to know about this ancient practice. Tai chi has been around for centuries and is a well-known form of martial arts in China, but its appearance in the United States did not become well-known until the 1960's. Psychologists and scientists agree that the practice of Tai chi is both beneficial to your emotional and physical health.

## **In this book, you will learn:**

- The history of Tai chi and the mysteries that surround it
- The benefits to your emotional, mental and physical health if you practice Tai chi
- The five different styles of Tai chi and how they originated
- An easy warm-up to begin if you would like to start Tai chi
- A few beginner moves to get you started
- A breathing exercise that will help you balance your energy and destress your life
- And much more!

## **Getting Your FREE Bonus**

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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