

Tai Chi

for Seniors

How
to Gain
FLEXIBILITY,
STRENGTH,
AND INNER
PEACE



Sifu Philip Bonifonte

Philip Bonifonte

T' Ai Chi for Seniors: How to Gain Flexibility, Strength, and Inner Peace



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These ancient Chinese exercises are fun and low impact and help to relieve the pains of arthritis, fibromyalgia, carpal tunnel syndrome, and several other "senior" diseases. This book gives you all the information you have to undertake a safe, health-improving exercise regimen. The book presents a synopsis of the practice of t'ai chi—from the principles of the motions to the annals of the artwork itself. All exercises are provided in an easy-to-learn design, with true tales illustrating the huge benefits that various other mature adults have obtained from these methods. Plus, strategies outlined in this instruction can be performed standing or seated with no previous experience required, and taking into consideration limited range of motion. It discusses several positions and helps you understand what you can hope to accomplish. Whether you are simply starting t'ai chi or just looking for a supplemental text to make use of out of course, this your guide.



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recommended by a homiopathic doctor friend of mine when we were having significant amounts of trouble. Seniors, we plan on by using this as our guide inside our senior residence. Tai Chi for Seniors: How to gain flexibility, strength, etc. I have been into numerous fighting techniques (Judo, Jujutsu, and Karate-Carry out) and weapons (Kenjutsu, Wakizashi Jutsu, and Tanto-Jutsu) systems over the years. I've also studied Tai Chi and Qigong for many years with Sifu Laurie Manning getting my teaching certificate. About six years ago I was diagnosed with a reasonably rare neurological condition and had to apply my Tai Chi and Qigong from a seated position. I have been teaching my seated Tai-Chi/Qigong course to seniors for a long time. Part one: surviving in the past: covers what is Tai Chi, the benefits of practicing Tai Chi, a brief explanation of Qigong exercises and preparing to practice Tai Chi.. I found this book (Tai Chi for seniors: How exactly to gain flexibility, power, and inner peace by Sifu Philip Bonifonte) at a bargain price and discovered it to be a good introduction to Tai Chi and Qigong. The second part: Living in days gone by: focuses on warm-up exercises, Qigong exercises, standing Tai Chi exercises and seated adaptations of Tai Chi and Qigong. The 3rd component: Living in the future explains how to do meditation exercises, the philosophy (Taoism) of Tai Chi. The final outcome explains that in Tai Chi and Qigong you can find no belts like various other martial arts. To conclude, this book has some useful information; however, the photos were not always clear and without a Sifu (teacher) it would be hard for anyone, not only seniors, to follow the material. By using this book in conjunction with a hands-on approach with an instructor is the best way to actually find out Tai Chi and Qigong.. Joseph J. Truncale (Author: Haiku Moments: How exactly to read, write and enjoy haiku) Wow! This book is fantastic. I bought this because I have significant degenerative arthritis in only about every joint. Tai Chi is the greatest way to realign the body, this info was from arthritis specialists, pain management specialists and the most amazing physical therapist I've ever got the honor to learn.. He applies these procedures to just about every individual he helps. Right now, I've surely got to purchase me another one!. The author is quite experienced and provides a fulfilling depiction of the arts of Tai Chi and Chi Kung and how they could be used to greatly help seniors gain improved health and mobility. Must read, apply! Five Stars This is my "head to" Tai Chi book for general information and explanation in a simple and approachable way. This publication is not an instant, shallow how-to but rather a rich, rewarding instruction that conveys the ideals and essence of a historical artwork that it, and the reader, well deserve. Ought to be required reading from PCP, chiropractors, etc to greatly help with Parkinson's. Great source for a person who is dealing with Parkinson's disease.. Rating: 4 Stars. He got to the book and it's really teachings so very much that I produced a gift of it to him.... TAI CHI FOR SENIORS - A Book Worth HANGING OUT With Excellent book - much better than anticipated.. This large paperback book is organized into three parts with 12 chapters.. Wii Practice For Anyone I train Tai Chi and thought the warm up was very great and the others impossible to follow. A fascinating and informative introduction to Tai Chi and Qigong. It doesn't contain step by step pictures on what each movement is performed. So far I've not really found it as helpful as I thought it would be.. Good senior exercise. It was ok. some illustrations were great to follow but I'd rather be in a live course. It should have acquired some better picture illustrations.



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