



**TAI CHI PRACTICE
FOR BEGINNERS AND
ADVANCED STUDENTS**



by Henry Powers

Henry Powers

Tai Chi Practice For Beginners And Advanced Students: Tai Chi Practice Stances



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A simple book for beginners and advanced college students. This book has 33 large colored images to use. Tai Chi as a normal practice can lead to increased vigor and flexibility, better balance and flexibility, and a feeling of well-being.



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