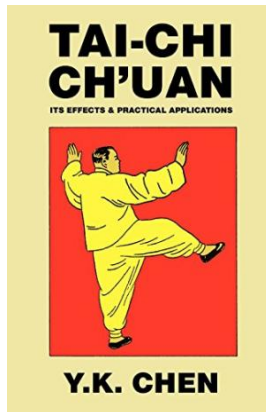


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## TAI-CHI CH UAN



Wildside Press, United States, 2003. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Tai-chi Ch uan is an ancient Chinese art based on the principles of physiology, psychology, and dynamics for the purpose of increasing and sustaining health. By practicing Tai-chi Chu an, you can strengthen muscles, promote and regulate good blood circulation, refresh your whole body-and stimulate your spirit as well. Proper practice of the simple exercises clearly shown...

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- Authored by Y K Chen
- Released at 2003



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