

DOWNLOAD TAI CHI THE WAY OF BALANCE IN AN UNBALANCED WORLD A COMPLETE GUIDE TO TAI CHI AND HOW IT CAN STABILIZE YOU LIFE

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Tai chi (taiji), short for T'ai chi ch'uan, or Tai ji quan (pinyin: tǎi jí quán; 太极拳), is an internal Chinese martial art practiced for both its defense training and its health benefits.

Tai chi - Wikipedia

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Integral Qigong and Tai Chi Teacher Training Guide

Linguistic aspects. These Chinese terms yin 阴 or 阴 "shady side" and yang 阳 or 阳 "sunny side" are linguistically analyzable in terms of Chinese characters, pronunciations and etymology, meanings, topography, and loanwords.

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