



Tai Chi For Health Harmony

Lynell Ross



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Tai Chi for Health & Harmony Hubert H. Lui,1986

Dr. Mao's Harmony Tai Chi Dr. Maoshing Ni,2006-09-21

Following the success of Secrets of Longevity Dr Maoshing Ni brings us Harmony Tai Chi In this easy to navigate book Dr Mao draws on his years of experience as a tai chi master to present an exercise program that is a celebration of life itself More than a standard guidebook Dr Mao s Harmony Tai Chi focuses on awakening the spirit while strengthening the body Ideal for both beginners and those looking to deepen their tai chi practice Dr Mao s Harmony Tai Chi fully outlines the 18 foundation exercises Illustrations show how to execute the forms and the concealed Wire O binding makes it easy to lay the book flat while following the movements Dr Mao provides pointers on correct execution and enlightening counsel on how to integrate this gentle exercise into even the most demanding schedule

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The Eye Care Revolution Robert Abel,2004-01-01 Revised and updated a breakthrough guide by a leading ophthalmologist delivers amazing nutritional herbal homeopathic and Asian therapies along with conventional methods to prevent and even reverse most vision disorders including cataracts glaucoma and diabetes related vision loss Original 10 000 first printing

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Sourcebook of Experiential Education Thomas E. Smith,Clifford E. Knapp,2011-01-20 This sourcebook book provides a much needed overview and foundations for the field of experiential education through portraits of philosophers educators and other practitioners whose work is relevant to understanding its philosophy and methodology

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