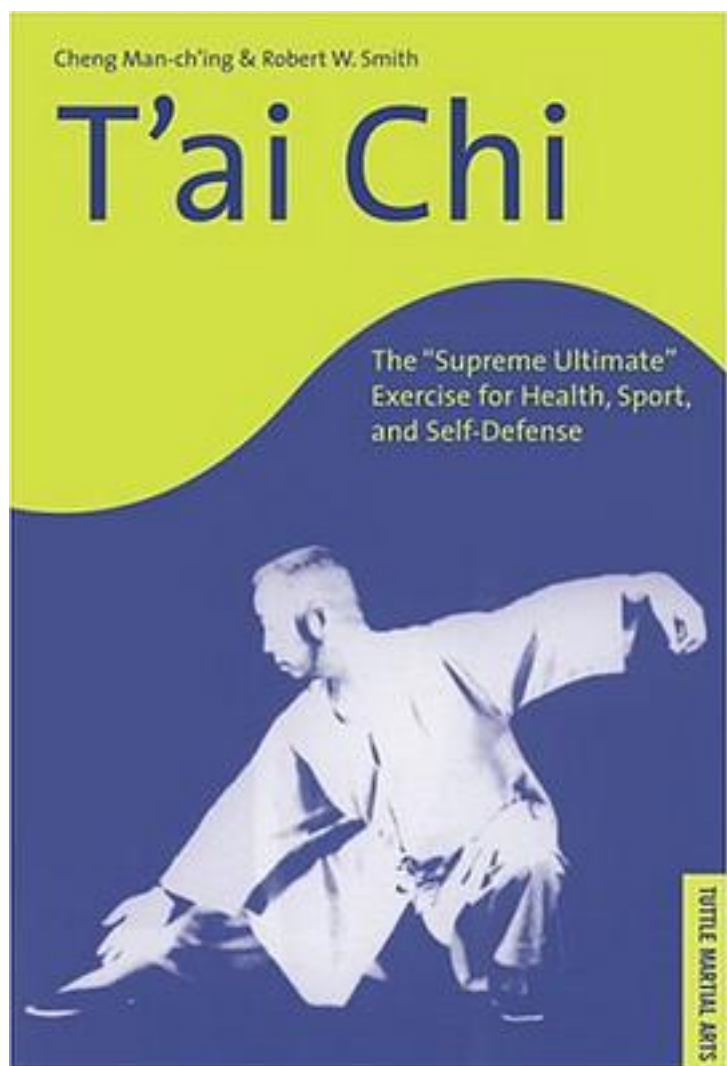


# T'ai Chi



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The Chinese secret for youthfulness, health and long life lies at least partly in T'ai Chi, the ballet-like calisthenics they've practiced for centuries. This rhythmical art stresses slow breathing, balanced and relaxed postures and absolute calmness of mind. The practice itself need take no more than ten minutes a day. This book is a complete step-by-step manual for the beginner that will enable anyone to master the sequence of thirty-seven postures that make up the T'ai Chi solo exercise.

作者介绍:

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