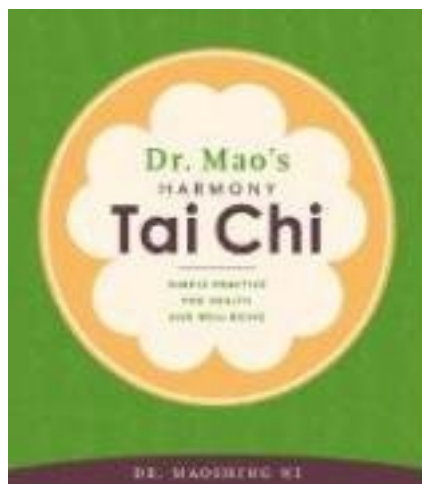


Dr. Mao's Harmony Tai Chi



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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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