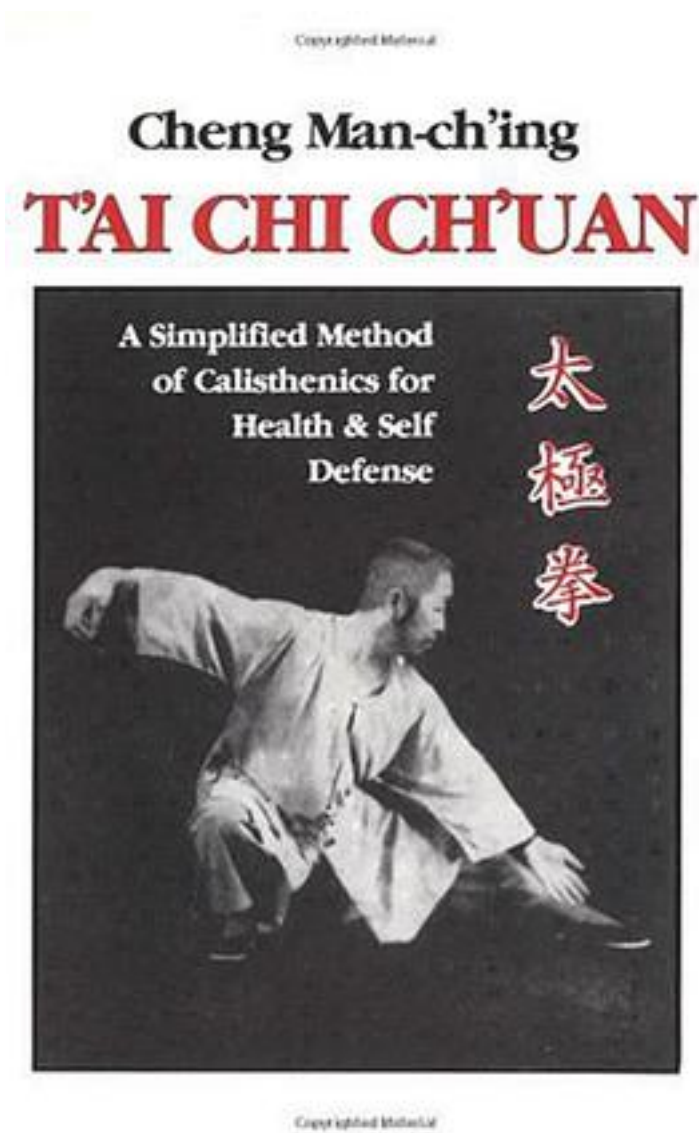


T'ai Chi Ch'uan



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T'ai Chi Ch'uan: The Internal Tradition is a clear and insightful approach to T'ai Chi, weaving mindfulness and body presence through stages of training and development of technique. Sieh's inquiry into the "fighting" aspect makes the emphasis on the internal or feeling style a powerful tool for bringing more integrity and clarity into our lives.

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