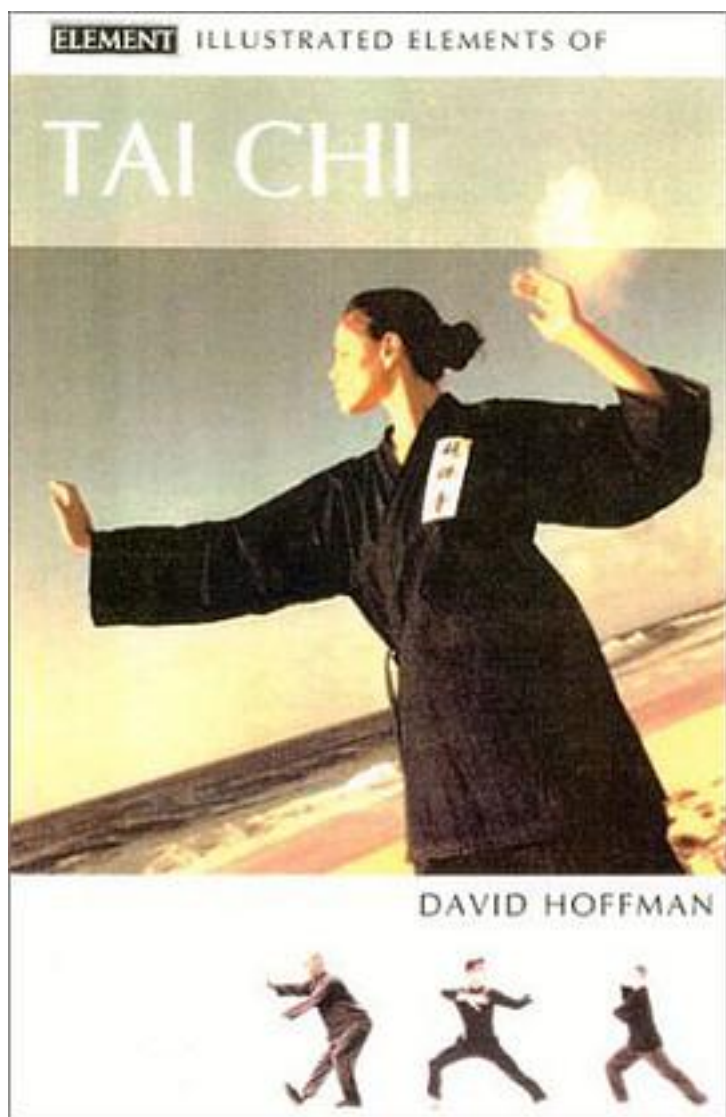


Illustrated Elements of Tai Chi



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This beautifully illustrated full color guide to Tai Chi is an exquisitely photographed, informative, and practical guide to the life-enhancing practice of the short form of Tai-Chi.

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