



# Principles of Tai Chi: The Only Practical Introduction You'll Need

*Paul Brecher, Paul Brecher*

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## **Principles of Tai Chi: The Only Practical Introduction You'll Need** Paul Breecher, Paul Brecher

An audio adaptation of the bestselling Principles title. This 90-minute tape offers a simple and practical introduction to this beautiful martial art that originated in Ancient China. Tai Chi is practised through a series of continuous flowing movements which encourage the flow of chi, or life-force energy. This 90-minute tape offers you a simple and practical way to learn the basic elements of Tai Chi. It includes: \* the correct methods of practice \*how Tai Chi can increase your energy \* how Tai Chi can improve your health and enhance personal and spiritual development.

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