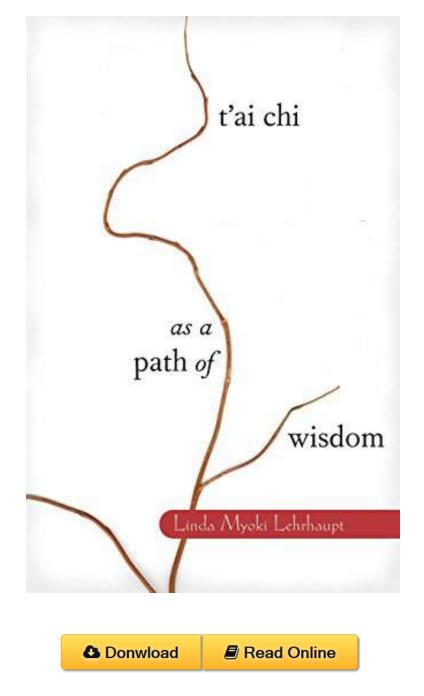
T'ai Chi as a Path of Wisdom



By Linda Myoki Lehrhaupt audiobook / *ebooks / Download PDF / ePub / DOC

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4 of 4 review helpful Great book By S Wilson I was doing tai chi when I read this book but I think a person would find wisdom in it whether they do tai chi or not It is not a how to book Instead the author describes her experiences with tai chi and the lessons she learned from them or from her students As she says they are lessons that could be learned from anything done with mindfulness I was studying a different f Unlike most t ai chi books which focus strictly on how to do the t ai chi forms T ai Chi as a Path of Wisdom presents a personal practical view of this intriguing martial art Lehrhaupt shares illuminating stories from her own life and the lives of her students that show how t ai chi can be a vehicle for profound self discovery and spiritual growth In learning to master each body posture t ai chi students often confront self doubt frustration and com A Zen priest as well as a t ai chi instructor Linda Myoki Lehrhaupt takes us into the soul of t ai chi in T ai Chi as a Path of Wisdom Not exactly an instruction manual there are only a few of the basic exercises and no photographs this book r

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chi has become too dry a word for me love has replaced it in my tai chi lexicon i have been playing tai chi for almost 40 years now **epub** qigong chi kung and chi gung are english words for two chinese characters q and gong qi or chi is often translated as life energy referring to energy **pdf download** tai chi is a form of martial art that appears to have benefits not only for balance fitness and flexibility but also for relief of pain and depression tai chi chuan classics taijiquan essential texts philosophy theory sayings lore principles yang taijiquan chen taijiquan sun taijiquan qigong **what are the health benefits of tai chi medical news today**

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