



## Tai Chi Techniques for Correcting Your Posture While Sitting, Standing, and Lying Down

By Dr Money

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In this guide, I ll walk you through the ideas and exercises that foster a strong, resilient, and supple Tai Chi posture. You ll learn the essential ideas of alignment and how to practice them. You ll gain an understanding of the Chinese idea of sung, to be strong as a mountain. I ll discuss the sympathetic and parasympathetic nervous system and why it s important to your posture and health. I ll talk about what to expect from your practice and how to apply a breathing technique to release your lower back tension. I ll finish by covering how often you should practice and give you some ideas to boost your strength and energy.



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