



A Book of Tai Chi (Paperback)

By Calvin Earl Dallas

AUTHORHOUSE, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The main idea of my Tai Chi book is to stimulate the imagination of the reader, so that they can be creative and use the basic concepts, and techniques in a way that they begin to create their own unique Tai Chi energy, and enjoy the balance and harmony. Throughout the entire world it is highly regarded as the leading exercise to reduce stress and give longevity of a healthy life for youth and old, yes Tai Chi is the balance of nature elements in harmony with your mind and body. Teaching, researching and practicing Tai Chi for over thirty years it has been a joy of life.



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