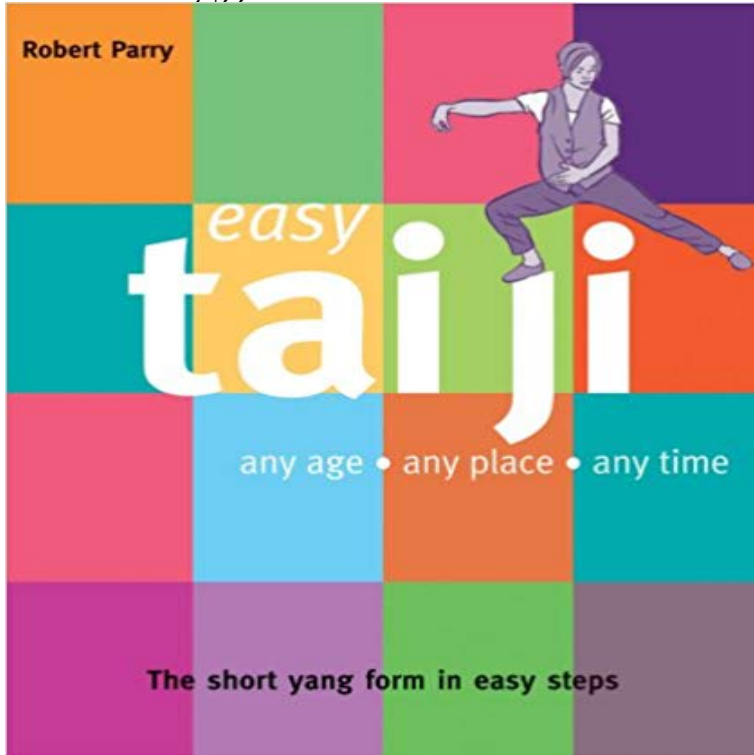


Easy Tai Ji: Any Age, Any Place, Any Time (Easy (Connections Book Publishing))



Tai ji (or tai chi) is the perfect antidote to the stresses and strains of modern living. This ancient Chinese exercise system for body and mind is all about generating and feeling energy through slow, graceful movement. The benefits are enormous, from improving overall health, fitness, and well-being to boosting your own vital energy and creativity and helping you stay bright and alert. This practical, handy guide teaches the most popular style of tai ji--the short yang form--in simple steps, making it easy for you to fit your practice in and around your daily schedule. The sequence is broken down into bite-size lessons. Simply practice the movements in one lesson until you're comfortable with them, then move on to the next. By learning the routine in manageable chunks, you'll be giving yourself time to assimilate all the movements properly, and you can work your way through the lessons by practicing as little or as often as your time allows. With just ten minutes practice a day, you can restore and maintain your body's natural state of health and well-being.

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