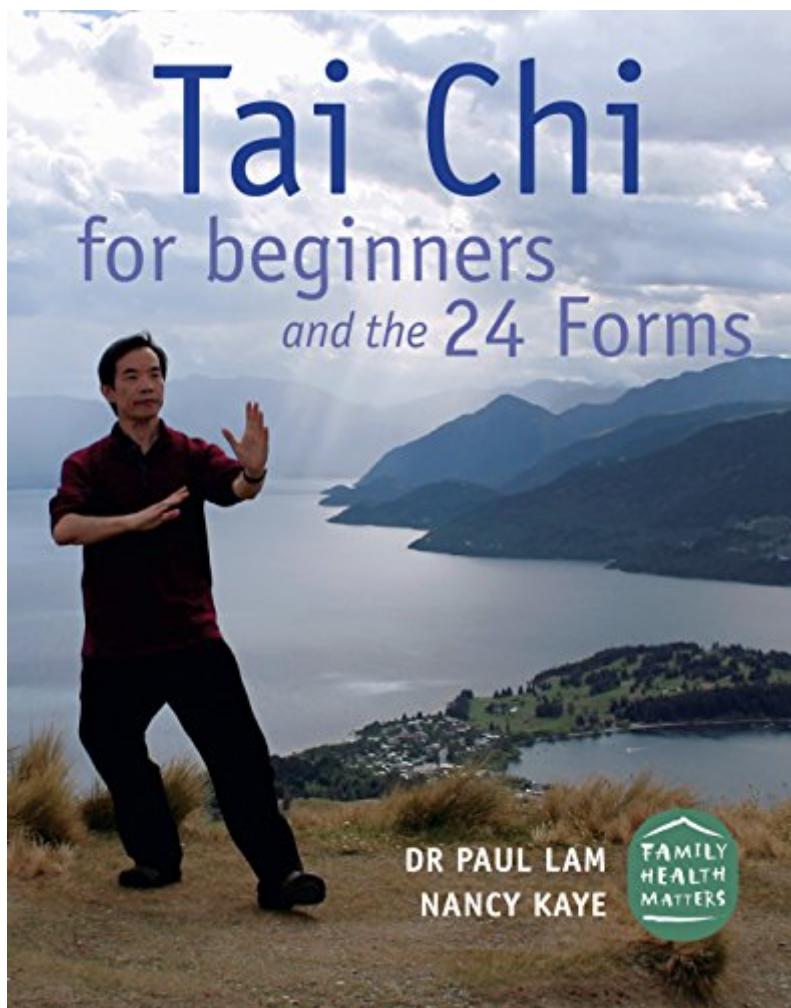


The book was found

# Tai Chi For Beginners And The 24 Forms



## **Synopsis**

Medical studies show that the ancient practice of tai chi is powerfully effective in promoting health, fitness and relaxation. It is suitable for almost everyone and can be practiced almost anywhere. What's more, it's an enjoyable exercise. In *Tai Chi for Beginners and the 24 Forms*, Dr. Paul Lam and Nancy Kaye demonstrate what tai chi is, what it can do for you, how to prepare for it, and how to put it into practice. With easy-to-follow instructions and photographs, they take you carefully through the background and structure of the Six Easy Steps up to the 24 Forms and beyond to show you that tai chi is not just a martial art, but a top-priority health benefit.

## **Book Information**

File Size: 9632 KB

Print Length: 207 pages

Simultaneous Device Usage: Unlimited

Publisher: BookBaby; 1 edition (April 25, 2017)

Publication Date: April 25, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B0727QQQ88

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #158,555 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #89

in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #792

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness #45171

in Kindle Store > Kindle eBooks > Nonfiction

## **Customer Reviews**

This book is very helpful for learning the 24 forms of Tai Chi. It is full of detailed photos and descriptions that make each form easy to learn. Lam is considered one of the masters of Tai Chi. I find this form of Tai Chi to be graceful and healing. I'd recommend it to anyone who wants to learn Tai Chi.

a wonderful book to work with. easy steps to beginning Tai Chi. helps very much to relax with before bedtime. i slept better when doing this. it also teaches the value of breathing. a good all around routine to get some stretch and strength back after an accident left me in much pain and some disability. the program helps when you think there is nothing much you can do. slow but sure improvement.

In clear photographs the author demonstrates the essence of each of the the moves for each form. One follows through to the end of the short (24) forms. I've been working (and playing) tai chi for about a year with a great teacher, and this book is an excellent accompaniement to a great experience. I highly recommend it.

This book explains it like you're a five-year-old without being condescending. I livein an extremely rural area and wanted to learn and practice Tai Chi for improving myhealth. I can do it! and all by just reading it and practicing it step by step.I realize there's a lot more to be gleaned from an instructor, but this book helpsa lot.

Easy to follow, and definitely a great way to stay fit and healthy

Just what I needed to complement the 24 forms DVD.

I would thoroughly recommend this to anyone with a beginner's interest in Tai Chi. I started to practice the form using the book but my teacher then told me it was a slightly different form that we are using in the classes. I am still tempted to go back to the book, because it is really helpful to have a written text when you are learning and have all the moves broken down step by step.

This is a great book for anyone who wants to use tai chi to relax and heal their bodies, minds, and spirits. It will help you to center on your breathing and learn the most commonly practiced style of tai chi in the world. This book emphasizes that tai chi can be practiced by people in all walks of life and not only experts. It explains how the unblocked flow of chi in the body can vastly improve all aspects of your life. You don't have to be a master to feel the benefits, and this book explains how tai chi can be a great model for self-care. Tai chi is gentle yet very powerful if practiced regularly, and this book is a good start for anyone.

[Download to continue reading...](#)

Tai Chi: Tai Chi for Beginners - Your Guide to Achieving Inner Peace, Mental, and Physical Balance (TAI CHI for BEGINNERS): Tai Chi (Martial Arts, Alternative ... Living, Baha'i, Religion and Spirituality) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! (Tai Chi - Tai Chi for Beginners - Martial Arts - Fighting Styles - How to Fight - Chakras - Reiki) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! Therapeutic Tai Chi: My Journey with Multiple Sclerosis My Path with Tai Chi E Tai Chi (The Complete Book): The World's Simplest Tai Chi Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan Stickman Yang Style Tai Chi - 24 Movement Form: Really Simplified Tai Chi Tai Chi Demystified: 6 Must Have Concepts to make Tai Chi Internal Tai Chi for Beginners and the 24 Forms Tai Chi for Beginners (From Couch to Conditioned: A Beginner's Guide to Getting Fit) Beijing Tai Tai: Life, laughter and motherhood in China's capital Taoist Breathing for Tai Chi and Meditation: Twenty-Four Exercises to Reduce Stress, Build Mental Stamina, and Improve Your Health Your Water Workout: No-Impact Aerobic and Strength Training From Yoga, Pilates, Tai Chi, and More The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) Tai Chi Chuan Classical Yang Style: the Complete Form and Qigong Answers to Common Tai Chi and Qigong Questions The Complete Book of Tai Chi Chuan: A Comprehensive Guide to the Principles and Practice (Tuttle Martial Arts) Tai Chi Chuan - Classical Yang Style: The Complete Long Form and Qigong Tai Chi Ball Qigong: For Health and Martial Arts

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)