



# Tai Chi: A Beginner's Guide: How to Master The Ancient Art of Moving Meditation

*M.E. Dahkid*

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**How to Master The Ancient Art of Moving Meditation!** The practice of Tai Chi provides many benefits to the human body. Aside from the physical benefits, the practice of Tai Chi can bring improvements in different aspects: Challenge – Learning to master Tai Chi challenges your physical and mental capabilities. Tai Chi requires effort, patience, and discipline. Improved coordination – Tai Chi progressively improves your gross physical coordination and even the most subtle aspects of physical movement. It utilizes integrated whole-body movements, so it compels your body to move different parts at the same time with smoothness, correct speed, and harmony. **Here Is A Preview Of What You'll Learn...**

- The Fundamentals of Tai Chi
- Tai Chi Styles and Forms
- Different Tai Chi Moves
- Learning by understanding the moves
- Tai Chi Warm Up Exercises
- The Tai Chi Work-Out
- Integration into Your Daily Life
- ....and Much, much more!

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