



T'ai Chi For Dummies

Therese Iknoian, Manny Fuentes

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For nearly 5,000 years, people have practiced T'ai Chi as a way to prolong life, build strength and stamina, improve concentration, and achieve psychological balance. Hundreds of millions of satisfied customers can't be wrong.

Whether you already dabble in T'ai Chi and would like to get a deeper understanding of the basics, or you're only thinking about trying it and want to find out more before you take the plunge, *T'ai Chi For Dummies* is for you. In plain English, Therese Iknoian and Manny Fuentes demystify T'ai Chi principles and practices for Westerners. They unravel exotic sounding terms and concepts and break down movements in ways that more traditional instructors and authors either can't or won't. And with the help of crystal-clear illustrations and step-by-step instructions, they get you on track with a T'ai Chi fitness program guaranteed to help you:

- Increase balance and flexibility
- Combat fatigue and reduce stress
- Tone muscles
- Unlock your power centers and boost energy
- Improve focus and concentration
- Breathe “mindfully” and meditate
- Enhance your sense of inner peace and well-being

Discover just how easy it can be to make T'ai Chi and its sister discipline Qigong part of your everyday life. With this friendly reference as your guide you'll quickly master the basic movements and forms, as well as:

- T'ai Chi's Yang 24-Movement Form
- Qigong and Push Hands techniques
- Techniques that help speed recovery from specific injuries
- T'ai Chi movements for aerobic exercise

Exercise is good for the body and soul. Now let Therese Iknoian and Manny Fuentes show you how to energize, find inner peace, and tone your muscles with the gentle art of T'ai Chi.

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