



Tai Chi for a Healthy Body, Mind and Spirit: The Ni Family Tai Chi Tradition

Dr. Dr. Mao Shing Ni

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Many styles of Tai Chi are available today, but most of them only emphasize one aspect of its original purpose. The focus tends to be on either the martial arts or the health perspective, while the spiritual aspect has been lost. This book presents Tai Chi as a powerful tool for cultivating the spirit, as well as the mind and body. This book intends to introduce Tai Chi as it was originally envisioned and practiced thousands of years ago by the Masters of Tao as a tool for self-cultivation of the integration of mind, body, and spirit. Readers will also be able to learn from the clear and concise photos and illustrations in the book to become proficient in the 18-Step Short Form and 28-Step Intermediate Form of Harmony Tai Chi.

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