



Tai Chi for Beginners (From Couch to Conditioned: A Beginner's Guide to Getting Fit)

Conor Kilgallon, Andrew Austin

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This step-by-step guide introduces tai chi using a structured week-by-week format. With bright, full-color illustrations, readers can learn visually while practicing 24-step Beijing short form along the way. A rich resource section allows novices to take it to the next level after mastering this beginners guide.

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