



Tai Chi: A practical approach to the ancient Chinese movement for health and well-being (The Illustrated Elements of...)

Angus Clark

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A practical approach to the ancient Chinese movement for health and well-being.

Tai Chi is a movement practice firmly rooted in Chinese culture and philosophy. The Complete Illustrated Guide to Tai Chi is a beautifully photographed, informative and practical guide to the life-enhancing practice of the short form of Tai Chi. Extensively researched and clearly explained this comprehensive guide includes:

History, origins and philosophy of Tai Chi

Basic principles – movement and the body

Life energies – meridians and the 7 major chakras

Mind, movement and focus

A step-by-step guide to the complete movement sequence

Other important aspects of the art of Tai Chi

Tai Chi for life, health and leisure

Angus Clark offers a fully comprehensive interpretation of the short form of Tai Chi, presented in a style that is easy to follow and relevant to contemporary life.

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