



Sunrise Tai Chi: Simplified Tai Chi for Health and Longevity

Ramel Rones

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Each day, millions of people worldwide practice Tai Chi Chuan (Taijiquan), which has been known for centuries to promote deep relaxation and excellent health, to prevent injuries and illnesses, and to improve martial skills.

Tai Chi has steadily become a popular form of mind/body exercise as more and more people in the west discover the rich rewards of living in a holistic way. Tai Chi is a journey through the mind, the body, and the spirit, that can be practiced by everyone. Increasingly, you can see people practicing in the park — moving slowly in a meditative state, or even perfecting their martial arts skills.

But what is Tai Chi really?

This book clearly introduces the history and underlying principles of Tai Chi Chuan from a modern and unique perspective. For the beginner, this program is a comprehensive introduction to authentic Tai Chi, allowing you to fine-tune your mind/body skills and create balance among them. For the intermediate and advanced, it includes important instructions and refinements, helping you expand your knowledge of the internal arts. In the end, you will understand and experience the ultimate goal of Tai Chi: the harmonizing of the three forces — *human, earth, and heaven*.

- Develop symmetry and balance between strength and flexibility
- Loosen and strengthen muscles, tendons, and ligaments
- Improve circulation of blood and Qi energy
- Learn how to increase bone density
- Massage internal organs with gentle movement
- Boost your immune system to help heal chronic conditions, including arthritis, osteoporosis, sarcopenia, and cancer
- Improve your quality of life and daily physical performance
- Tap into the abundant energy of the universe
- Learn and improve your martial arts skills
- Tai Chi form is used at Tufts School of Medicine for studies of healing arthritis with Tai Chi.

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Edna Dixon:

A lot of people always spent their very own free time to vacation or maybe go to the outside with them family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity that's look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you just read you can spent all day long to reading a book. The book Sunrise Tai Chi: Simplified Tai Chi for Health and Longevity it is rather good to read. There are a lot of individuals who recommended this book. These people were enjoying

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