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TAI CHI
&
QIGONG

Tai Chi & Qigong

Qigong is a traditional Chinese practice of energy work. It involves a series of movements, breathing exercises, and mental focus. Tai Chi is a martial art that has been adapted for health and fitness. It is a slow, graceful movement that is often practiced in a park or a community center. Both practices are believed to have numerous health benefits, including improved balance, flexibility, and overall well-being.



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Complete Idiots Guide To Tai Chi And Qigong

Ian Pickup



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