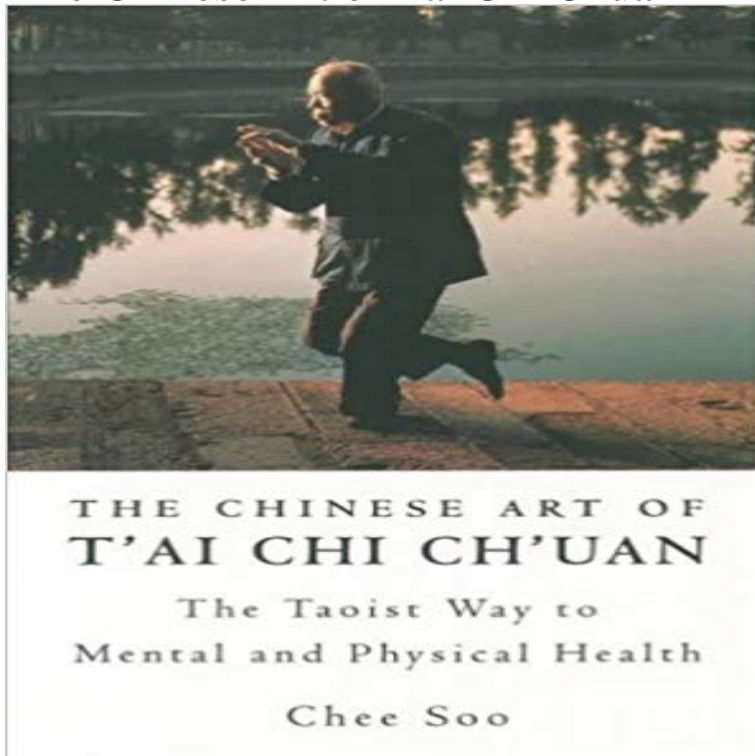


The Chinese Art of Tai Chi Chuan



Tai Chi Chuan, which literally means The Supreme Ultimate, has proved itself over and over again to be one of the finest ways of improving health and creating tranquillity throughout the entire nervous system, creating a deep peace of mind. Tai Chi consists of a system of body movements designed to promote physical, mental, emotional and spiritual harmony. This guide introduces all these different aspects of the art, including: Tai Chi sword and Tai Chi dance; 140 stances, with photographs and detailed instructions for each one; and Tai Chis philosophical and historical context.

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