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THE INNER STRUCTURE OF TAI CHI: MASTERING THE CLASSIC FORMS OF TAI CHI CHI KUNG



The Inner Structure of Tai Chi

Mastering the Classic Forms
of Tai Chi Chi Kung
Mantak Chia and Juan Li

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, The Inner Structure of Tai Chi: Mastering the Classic Forms of Tai Chi Chi Kung, Mantak Chia, Juan Li, Taoist adepts developed tai chi as both a martial art and a way to cultivate their physical body, energy body, and spirit body. Like all Taoist exercises, its main purpose is to form a connection to the basic energy that is the foundation of all life: chi. Until the beginning...

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- Authored by Mantak Chia, Juan Li
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