



## Butterfly Tai Chi: Health, Energy and Tranquility in 10 Minutes a Day

By Martin Faulks

Watkins Media. Paperback. Book Condition: new. BRAND NEW, Butterfly Tai Chi: Health, Energy and Tranquility in 10 Minutes a Day, Martin Faulks, The author was inspired by observing butterflies to develop a system of Tai Chi that could be performed in a limited space and within a relatively short time. He designed Tai Chi movements that naturally enhance the Qi flow in the order directed by Chinese medicine and whilst it can be used to treat a wide variety of illnesses, its real power is in preventing illness. Succinct and effective the reader can learn this form of Tai Chi within a day and can be performed anywhere -no matter how little space available.



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