



ChiWalking: The Five Mindful Steps for Lifelong Health and Energy

By Dreyer, Danny;Dreyer, Katherine

Fireside, Old Tappan, New Jersey, U.S.A., 2006. Soft Cover. Book Condition: New. This book is new. A revolutionary program that blends the health benefits of walking with the core principles of T'ai Chi to deliver maximum physical, mental, and spiritual fitness. Size: 6 x 9.



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