



Flo Motion: Tai Chi: Enhance Your Health and Vitality Through Dynamic Flowing Tai Chi Movement

James Drewe

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Tai chi enhances flexibility, relieves stress, and offers a gentle, spiritual way to maintain your health. No matter your age or shape, you can safely enhance your well-being with these exercises. All the theories of Chinese universal energy become clear as you practice intricate and fluid movements such as the graceful sparrow's tail and the single whip (a simple defensive form). You'll receive special pointers on places where there's a temptation to tense up--so you'll relax instead and keep the good chi energy running through your body!

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