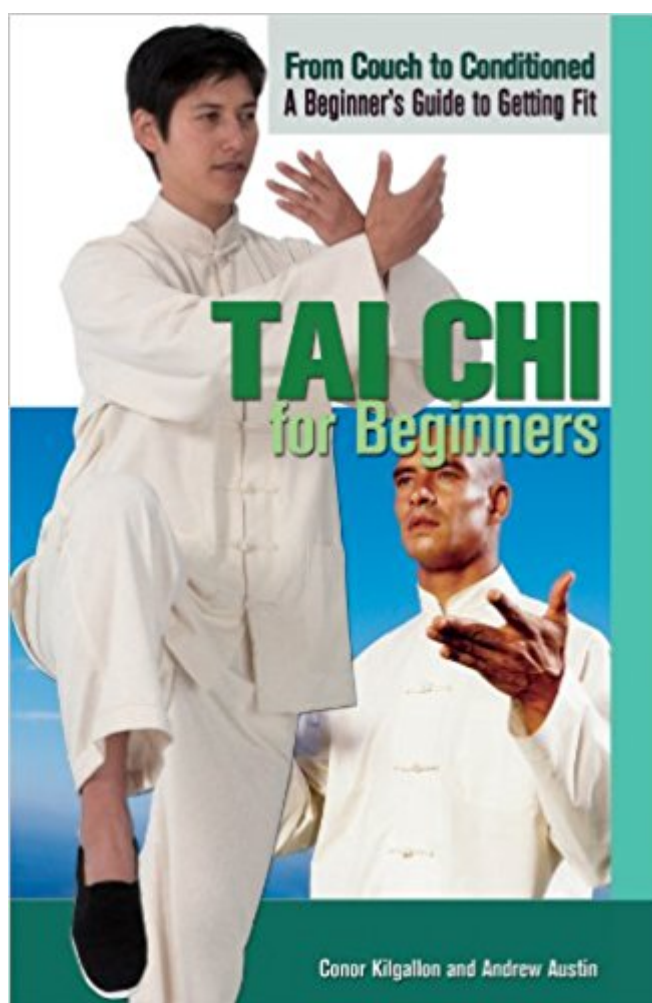


The book was found

Tai Chi For Beginners (From Couch To Conditioned: A Beginner's Guide To Getting Fit)



Synopsis

This step-by-step guide introduces tai chi using a structured week-by-week format. With bright, full-color illustrations, readers can learn visually while practicing 24-step Beijing short form along the way. A rich resource section allows novices to take it to the next level after mastering this beginners guide.

Book Information

Series: From Couch to Conditioned: A Beginner's Guide to Getting Fit

Paperback: 96 pages

Publisher: Rosen Publishing Group (August 15, 2011)

Language: English

ISBN-10: 1448848202

ISBN-13: 978-1448848201

Product Dimensions: 5.9 x 0.2 x 8.9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,319,149 in Books (See Top 100 in Books) #6 in Books > Teens > Sports & Outdoors > Martial Arts #35 in Books > Teens > Personal Health > Fitness & Exercise #558 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong

Age Range: 12 - 15 years

Grade Level: 7 - 10

[Download to continue reading...](#)

Tai Chi: Tai Chi for Beginners - Your Guide to Achieving Inner Peace, Mental, and Physical Balance (TAI CHI for BEGINNERS): Tai Chi (Martial Arts, Alternative ... Living, Baha'i, Religion and Spirituality) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! (Tai Chi - Tai Chi for Beginners - Martial Arts - Fighting Styles - How to Fight - Chakras - Reiki) Tai Chi for Beginners (From Couch to Conditioned: A Beginner's Guide to Getting Fit) Yoga for Beginners (From Couch to Conditioned: a Beginner's Guide to Getting Fit) Long Distance Running for Beginners (From Couch to Conditioned: A Beginner's Guide to Getting Fit) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! Therapeutic Tai Chi: My Journey with Multiple Sclerosis My Path with Tai Chi E Tai Chi (The Complete Book): The World's Simplest Tai Chi Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan Stickman Yang Style Tai Chi - 24 Movement Form: Really Simplified Tai Chi Tai Chi Demystified: 6 Must Have Concepts to make Tai

Chi Internal My Couch is Your Couch: Exploring How People Live Around the World Tai Chi In 10 Weeks: A Beginner's Guide Tai Chi for Beginners and the 24 Forms Beijing Tai Tai: Life, laughter and motherhood in China's capital Fearlessly Fit at Home: Your Personal Guide to Getting Fit The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) The Complete Book of Tai Chi Chuan: A Comprehensive Guide to the Principles and Practice (Tuttle Martial Arts) The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi Tai Chi Chuan Classical Yang Style: the Complete Form and Qigong

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)