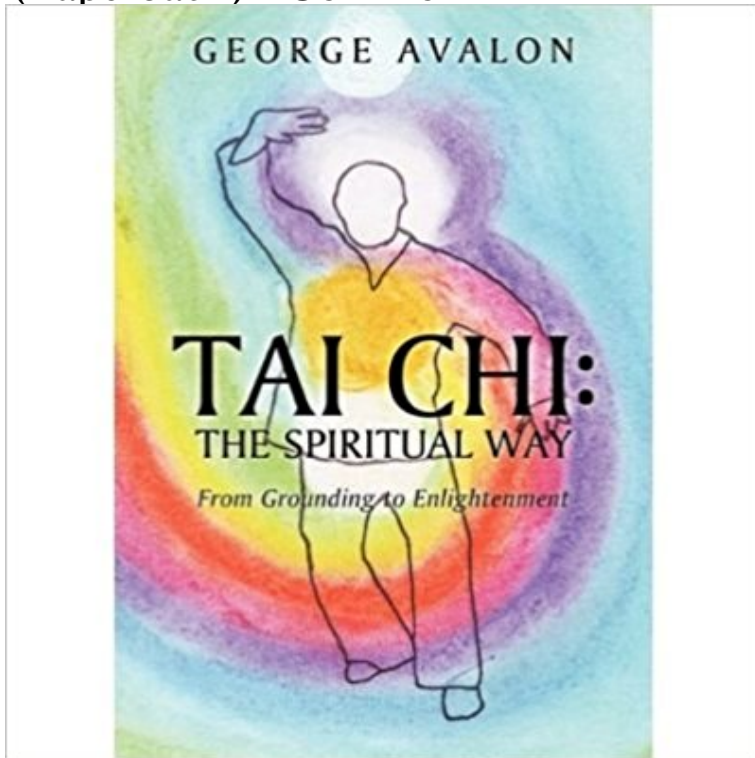


# Tai Chi: The Spiritual Way: From Grounding to Enlightenment (Paperback) - Common



Tai Chi is far more than a form of self defence. The Chinese mystics, who created Tai Chi, placed within it all their ancient wisdom and meditational practices. They then placed the Tai Chi movements in order to create a sequence called the Form. The Form is a complete spiritual program, which takes a person on a journey from Grounding to Enlightenment. This book takes the reader on this spiritual...

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