



Tai Chi - Balance and Functional Autonomy in Old Age

Hay Arruda, Hélio Coelho Filho

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Este Livro Contém Evidências Científicas Que suportam OS Benefícios de Saúde de Tai Chi, espiritual SEJA, físico UO mental. Descubra OS Fatos POR Trás o que Faz this arte milenar AINDA Estar alto Nos Tempos Modernos. DEIXE-se guiar POR Especialistas NAS artes alquímicas do Movimento, um passeio parágrafo Os Jovens e Velhos almas, Uma Ótima Leitura Para Novatos e Especialistas Nos Caminhos dos Sábios. Inclui Uma Lista detalhada de Formas e Sabedoria Taijiquan de Vários Praticantes Além dos Autores, comeu MESMO o lendário Zhang San Feng e Lao Zi! ? ? ?? ??! (Revista Você PODE viver 100 anos!)

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