



Tai Chi (Esenciales)

Zhang Yutang

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Tai Chi (Esenciales) Zhang Yutang

Tai Chi emerged in China in the monasteries scattered throughout the empire for hundreds of years. It is a martial art meant to teach warriors the perfect body movement and connect it with their mind and spirit. Today, it is practiced with therapeutic applications to achieve better physical and psychological equilibrium. When someone does not have a sense of balance, problems with health and disease manifest. This book presents an attractive introduction to the practice of this technique and an exposition of the most popular styles. Upon completion of the book, anyone will be able to move in accordance with the flow of nature.

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144 pages

About the Author

Zhang Yutang is a teacher of Wu Shu dedicated to his personal meditative practice that follows the teachings of the great Tai Chi masters who have the purest knowledge of the practice."

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