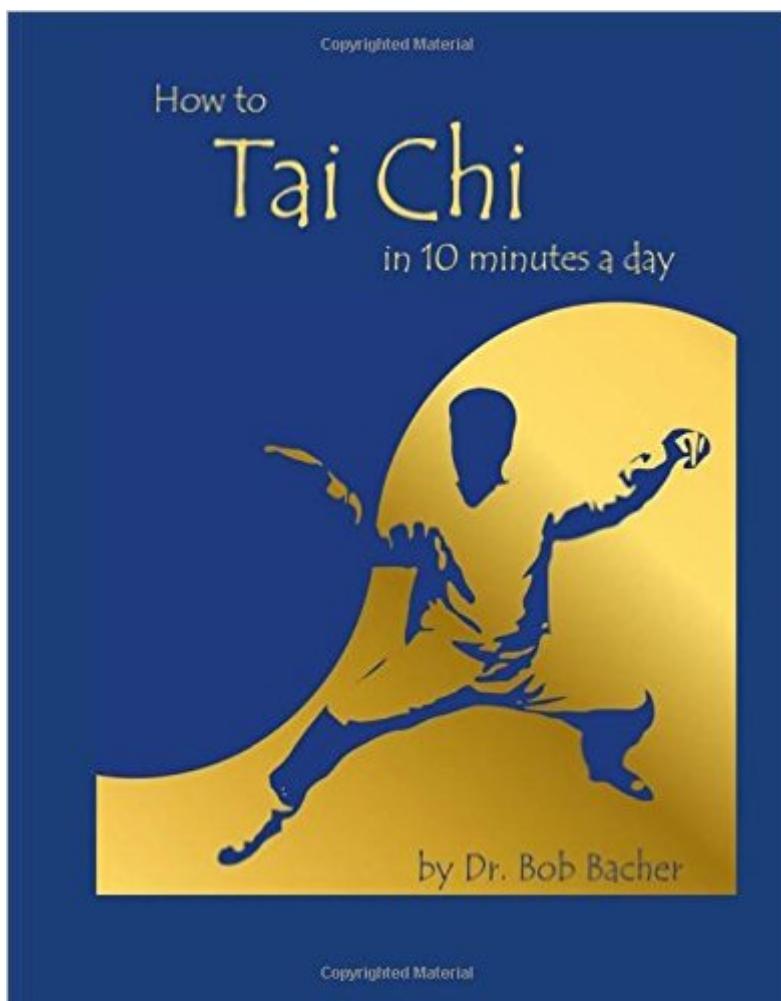


The book was found

How To Tai Chi In 10 Minutes A Day



Synopsis

Are you looking for a safe and effective method to relieve chronic pain and illness? Are you searching for the best form of exercise to maintain superior health and fitness for life? Would you like to feel more calm, relaxed, and centered, but don't know where to begin? Join Dr. Bob Bacher as he guides you step by step through this series of easy to learn tai chi exercises that will improve your health, reduce stress, and reverse the effects of aging. These basic tai chi exercises will enhance the practice of other martial arts, yoga, and every type of sport and fitness activity. They will also increase the effectiveness of natural holistic therapies such as acupuncture, chiropractic, and osteopathy. Discover a new and healthy sense of freedom that results when you invest a few minutes a day doing these basic tai chi exercises - the best way to reclaim vibrant health and well being!

Book Information

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Best Sellers Rank: #1,131,665 in Books (See Top 100 in Books) #339 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #553 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong

Customer Reviews

As luck would have it, I met Dr. Bob Bacher while traveling in Costa Rica. He introduced me to the amazing art of Tai Chi. I say amazing, because the more I learn about Tai Chi the more impressed I become with Tai Chi- it's history, and it's ability to be used as a healing tool for life. Tai Chi is a very un-assuming and impressive martial art that can empower women or anyone willing to spend a little time learning it. This book is no doubt a great start to Tai Chi. Also, In my opinion, there is no one outside of the few great Chinese Tai Chi masters still alive, that has the experience and knowledge like Dr. Bob. He has attained this mastery through his extensive studying and years of daily practice! Rey SernaSeattle Washington

This is a good introduction to tai chi for anyone who doesn't have access to a qualified teacher, or someone who doesn't have the time to take a class. I practice a different style of tai chi and plan on including some of these exercises in my practice.

As a personal trainer with a very diverse clientele, I can say that the tai chi skills I have learned under Dr. Bob Bacher have been essential in taking my clients to the next level in their health. Whether it's in the power of intention, balance, or simple mechanics of movement, I often refer to my tai chi training. In addition, as a body builder, the skills I have cultivated thus far have helped tremendously with mind to muscle connection, intensity, focus, and posing in competitions. Jason Aguila, 27Personal Trainer and BodybuilderMiami, Florida

Bob Bacher is a wonderful teacher with many years of teaching experience and lifelong dedication to the practice of Chen style Tai Chi. I personally had the opportunity to participate in his classes when he was in Alaska 2015. His focus and presence lends him to be an expert who can deliver it in this media form. Practical, simple, focused, grounding. Relaxing!Practice, practice, practice....just 10 minutes a day! Thanks for doing this Bob!Rande

For those of you who are curious about Tai Chi, Dr Bob Bacher's book, How to Tai Chi in 10 Minutes a Day is a great place to start. It is evident that Tai Chi is a passion for Dr Bacher and he gives great tips on how to implement this amazing practice into your life. Of course this is just a beginning to something that is life changing, but a great beginning.

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Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind by Wayne, Peter (4/9/2013) Rising UP!: My Recovery from Multiple Sclerosis, Disability and Despair, including Western and Chinese Medicine, Tai Chi, Qigong, diet, neurological exercise, meditation--and much more! The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) Meditative Flute: Learn how to play the Native American flute to enhance your Yoga, Meditation, Biking, Walk/Run, Pilates, Tai Chi, Workout, or Feldenkrais practice The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi Step-By-Step Tai Chi Simplified Tai Chi Chuan: 24 Postures with Applications & Standard 48 Postures (Revised) The Complete Book of Tai Chi Chuan: A Comprehensive Guide to the Principles and Practice (Tuttle Martial Arts) The Tao of Tai Chi: The Making of a New Science: One man's amazing 55 year journey from an angel in Kansas to a Taoist Temple in Hong Kong, which ... the world's largest institutions of science. Tai Chi Thirteen Sword: A Sword Master's Manual Simplified Tai Chi Chuan: 24 Postures with Applications and Standard 48 Postures

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