



Stay Young With T'ai Chi: Flexible, Mobile, and Stress Free--After 50

Ellae Elinwood

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Many people are finding T'ai Chi to be the perfect exercise for the changing needs of aging bodies: it is low-impact, noncompetitive, and invigorating. The practice of T'ai Chi enhances health and fitness, increases energy, and helps reduce stress. Stay Young with T'ai Chi presents the first 18 positions of the yang short form--the form of T'ai Chi most commonly taught today and a direct form that allows seniors to find success in their practice. By working on the beginning of the form--in conjunction with warm-ups and a lesson in the basic movements--readers will find an easy introduction to T'ai Chi, as well as a wonderful reference to complement a class. The chapters on Qi Gong at the end of the are a wonderful complement to T'ai Chi practice. Chapters on supported and seated T'ai Chi and Qi Gong are perfect for seniors with limited mobility.

Author Ellae Elinwood presents T'ai Chi in a manner that is attentive to the needs of seniors--it is slow building in level of complexity, very comfortable to learn, very affirming to the reader, with a clear and well-organized progression of lessons. Together with 150 demonstrative photographs, Stay Young with T'ai Chi is a valuable introduction to this ancient Chinese art.

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