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Supplementary material for the Tai Chi Qigong Shibashi video
(You can access the free video of this qigong at www.taichi18.com)
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the tai chi group continued the practice of tai chi while the non-exercise support group retained only 10 per cent of its original membership. The aerobic group retained fewer of its members than the tai chi group and their diastolic blood pressure did not improve. THE YIN, THE YANG AND THE QI Tai chi is based on traditional Chinese medicine, qigong (the method of cultivation of qi) and ...

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Antes de praticar os exercícios resumidos é interessante assistir as explicações, o vídeo completo você vai encontrar no link abaixo:
<https://www.youtube.com...>

Exercícios Tai Chi Para Iniciante Resumido - YouTube

Complete Tai Chi for Beginners is a simple system of learning the fundamentals of Tai Chi and energy work in a straightforward building block method. There are four basic levels that build on each other progressively making it easy to follow and understand. This program is unique and is the one of the 1st complete Tai Chi home study courses in the world. What's in the home study course? This ...

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