

Download Inner Structure Of Tai Chi: Level II

"The Inner Structure of Tai Chi" explores the deep, internal work necessary for the effective practice of Tai Chi. Designed for practitioners at every level, the book contains step-by-step illustrated instructions for mastering the 13 forms of early Yang-style tai chi, also known as Tai Chi Chi Kung. With the Inner Structure of Tai Chi II you will learn a fast discharge form of Tai Chi. The Tai Chi form Master Chia will guide you through on these tapes is very short and simple, and is easy to learn. The Basic Retreat Level II is training for beginners and intermediate level practitioners, and those desiring a review of first essentials. This week is devoted to reviewing & mastering Microcosmic Orbit, World Link, Healing Love, Multi orgasmic Man and Women and Dual Cultivation, Iron Shirt II, Tan Tien Chi Kung. Basic Practices II. Tai Chi Chi Kung I: Develop the inner structure and chi flow of Tai Chi. Meditation in movement, movement in meditation. Tao Yin: A Taoist yoga that stimulates chi flow in meridians (chi pathways delineated in Traditional Chinese Medicine acupuncture maps of the energy body) affected by each exercise.