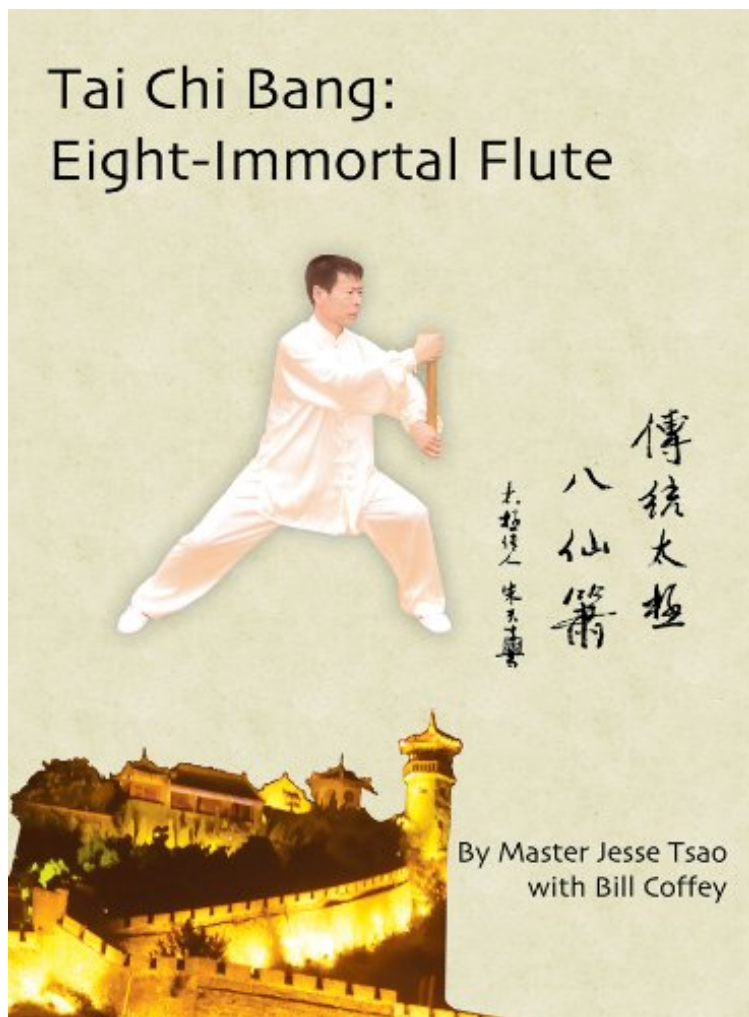


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# Tai Chi Bang: Eight-Immortal Flute (English Edition)



*Par Jesse Tsao*  
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## Description :

Prsentation de l'diteurTai Chi Bang: Eight-Immortal Flute is an energy practice based on characteristic Tai Chi postures combined with traditional Chinese self-healing meditation and self-defense kung fu. Tai Chi Bang gives an object to focus on between the palms, bonding the two hands moving together, making it easy and fun for beginners to feel the qi (energy), and gain the benefits of Tai Chi practice. Students who find it difficult to quiet their minds find this practice especially effective in gathering attention. Holding the Bang with both palms help them concentrate and be in the moment. The movements of the Bang imitate the movement of the qi inside the body. It relieves stress, gathers in fresh energy, rejuvenates the body and spirit, brings inner calm, and promotes qi and blood circulation.Prsentation de l'diteurTai Chi Bang: Eight-Immortal Flute is an energy practice based on characteristic Tai Chi postures combined with traditional Chinese self-healing meditation and self-defense kung fu. Tai Chi Bang gives an object to focus on between

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