

Sunset Tai Chi: Simplified Tai Chi For Relaxation And Longevity By Ramel Rones, David Silver



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Sunset tai chi : simplified tai chi for relaxation and longevity / Ramel Rones with David Silver ; [forewords by Irwin H. Rosenberg, Yang, Jwing-Ming].

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Sunset Tai Chi is a worthy follow-up to Rones and Silver's Sunrise Tai Chi: Simplified Tai Chi for Health and Longevity, a Living Now Book

The women's guide to stress relief in 7 easy steps: learn how to

Washington, DC: Animal Welfare Institute, 2010. Rones, Ramel, and David Silver. Sunset Tai Chi: Simplified Tai Chi for Relaxation and Longevity. Wolfeboro

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practitioners of mind-body exercise (such as meditation, Qigong, Tai Chi, Yoga, Reiki, that nourish, like a beautiful sunset, or the smell of bread fresh from the oven. In particular, a comprehensive scientific study showing that deep relaxation [like . Longevity Secrets from the Grand Masters of TCM ?????????].

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