



## Tai Chi Walking: A Low-impact Path to Better Health

---

By Robert Chuckrow

YMAA Publication Center. Paperback. Book Condition: new. BRAND NEW, Tai Chi Walking: A Low-impact Path to Better Health, Robert Chuckrow, Walking should be one of the most natural things we do. Most of us have been walking almost all of our lives. However, many have learned walking in a haphazard way. Wearing improper shoes, modeling ourselves after others whose walking is inefficient, and wrong ideas about how our body works are all factors that take their toll on us over time. Because walking is natural, it is not hard to improve it to the point where it becomes meditation and improves our health at the same time. For Tai Chi practitioners, walking provides an excellent opportunity to augment, refine, and reinforce Tai Chi principles and bridge the gap between formal practice and everyday life. For non-practitioners, Tai Chi Walking trains us in walking concepts for improving health, balance, peace-of-mind and safety. If you hurt after a long day on your feet, this book is for you. Learn how to walk properly and naturally. Discover why poor walking posture can damage your health. Understand how proper walking can increase longevity and vitality.



**READ ONLINE**

[ 2.06 MB ]

### Reviews

*Comprehensive information! Its this sort of excellent go through. It is packed with knowledge and wisdom You may like just how the author publish this book.*

-- **Mustafa McGlynn**

*Complete guideline! Its this kind of great read through. It is probably the most incredible pdf i actually have read through. Its been developed in an extremely straightforward way and it is simply soon after i finished reading this book through which actually modified me, affect the way i really believe.*

-- **Beryl Labadie I**