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The new york school of t'ai chi chuan | t'ai chi

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T'ai Chi Chuan is often called a moving meditation . The movements of the Tai Chi form follow a precise system of balance and relaxation.

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Sammasich.com - library wish list

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Medical Journals. To read about health and tai chi, please click on the link. These articles will give you an insight into all the benefits of practicing tai chi chuan.

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Tai chi chuan

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