



Art of Taoist Tai Chi Cultivating Mind and Body/L'Art du Tai Chi Taoiste: Cultiver l'Esprit et le Corps

By Taoist Tai Chi Society of Canada, Moy Lin-shin, John Panter, Rick Davis



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A spiral-bound manual illustrating the movements of Tai Chi, with text in both English and French. Master Moy Lin-shin demonstrates each movement.



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