



Tai Chi Illustrated

Master Pixiang Qiu, Weimo Zhu

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Internationally renowned instructor Master Pixiang Qiu and mind–body exercise expert Weimo Zhu demonstrate the most effective forms for harnessing the healing power of chi, or energy. Follow their lead and improve balance and coordination, relieve stress, and reduce pain and muscle stiffness.

Tai Chi Illustrated is a step-by-step guide complete with detailed instructions and full-color photo sequences for the basic movements and popular forms, such as Grasp Sparrow’s Tail and Part the Wild Horse’s Mane. You will connect the forms to follow the yang-style sample routines, or create your own to address your health and fitness needs.

Whether you are completely new to tai chi or have practiced for years, *Tai Chi Illustrated* will you be your guide to the path of better health and self-awareness.

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