



# Bagua and Tai Chi: Exploring the Potential of Chi, Martial Arts, Meditation and the I Ching

By Bruce Frantzis



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In *Bagua and Tai Chi*, noted teacher Bruce Frantzis demonstrates through these two important practices what is required to develop and embody high levels of chi flow. Inside the slow-motion movements of tai chi is a sophisticated mind/body/spirit practice. Derived from the I Ching (Book of Changes), bagua is unique in its circular movements, spiraling energy, and unpredictable changes of direction.

Frantzis begins with an overview of both bagua and tai chi and their origins in Chinese culture, followed by comprehensive advice on how to incorporate these practices into daily Western life. Written in an easy, conversational style, the book provides an explanation of an art that is practiced by millions in China to release stress and maintain a vigorous level of health. According to the National Center for Complementary and Alternative Medicine (NCCAM), the 2.3 million Americans who currently practice tai chi report improved sleep, conditioning, and overall wellness. *Bagua and Tai Chi* offers a gentle healing and strengthening system that will appeal to a wide audience, including martial artists, meditators, dancers and athletes, personal trainers, and anyone looking to reduce stress and increase calmness and clarity through an effective, low-impact body practice.

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- Sales Rank: #494928 in Books
- Published on: 2012-01-31
- Released on: 2012-01-31
- Original language: English
- Number of items: 1
- Dimensions: 9.24" h x .62" w x 7.38" l, 1.04 pounds
- Binding: Paperback
- 240 pages



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