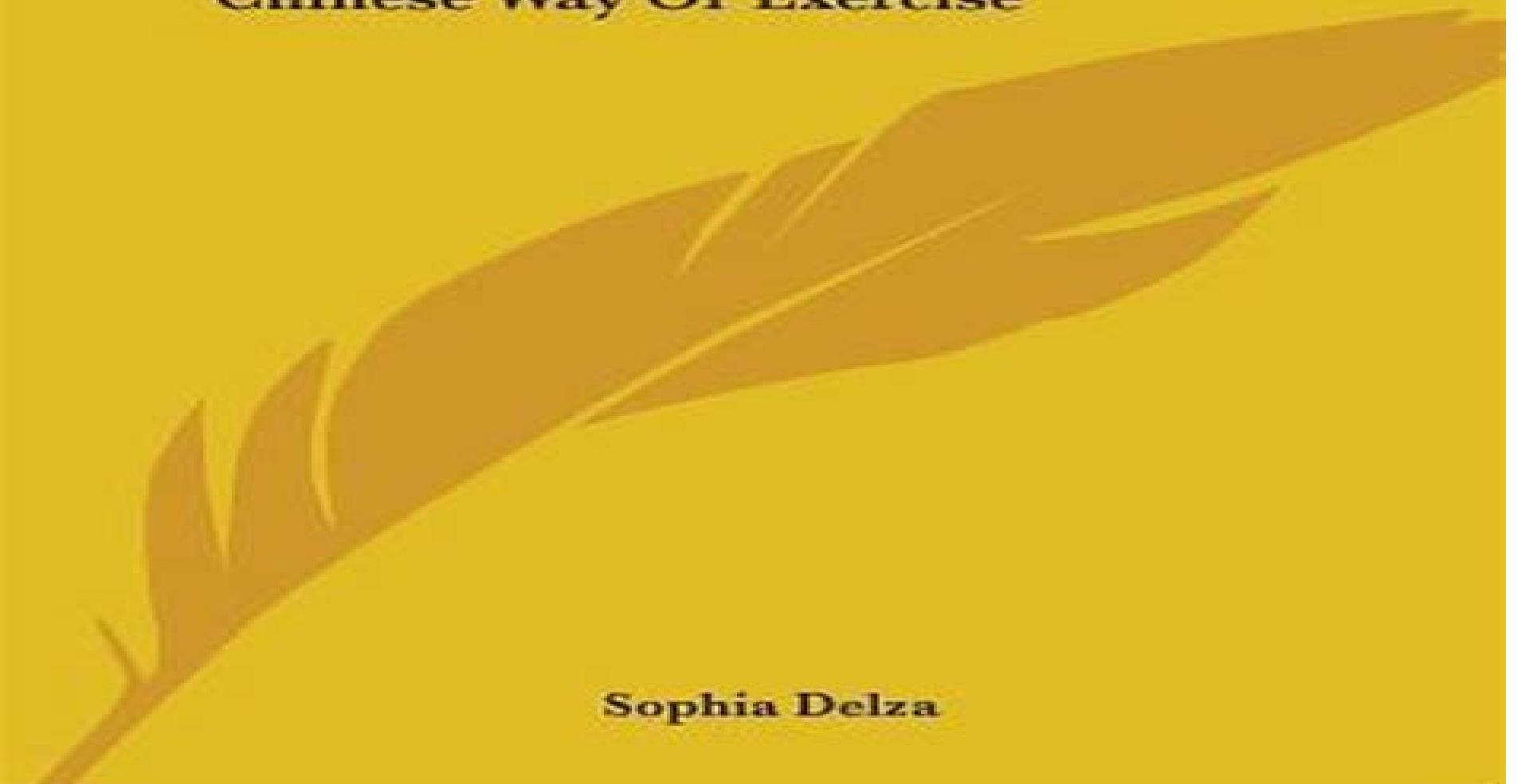


Body And Mind In Harmony

T'ai Chi Ch'uan, An Ancient Chinese Way Of Exercise



Sophia Delza

Tai Chi Chuan Body Mind In Harmony

Brian Luke Seaward

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The T'ai-Chi Ch'u'an Experience Sophia Delza, 1996-07-03 In her previous book Tai Chi Chuan Body and Mind in Harmony The Integration of Meaning and Method Sophia Delza describes the Wu Style with careful directions and illustrations for learning the practice of the exercise art of Tai Chi Chuan In this new book Ms Delza the leading proponent in the United States of the Wu Style offers succinct and illuminating comments from her viewpoint as both teacher and practitioner She expresses the substance and function of Tai Chi Chuan that lie behind the movement and that are manifest in the movement to only the most discerning eye She provides insight and inspiration for entering into a path a way a dao that integrates body mind beauty and goodness Those students beginning

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