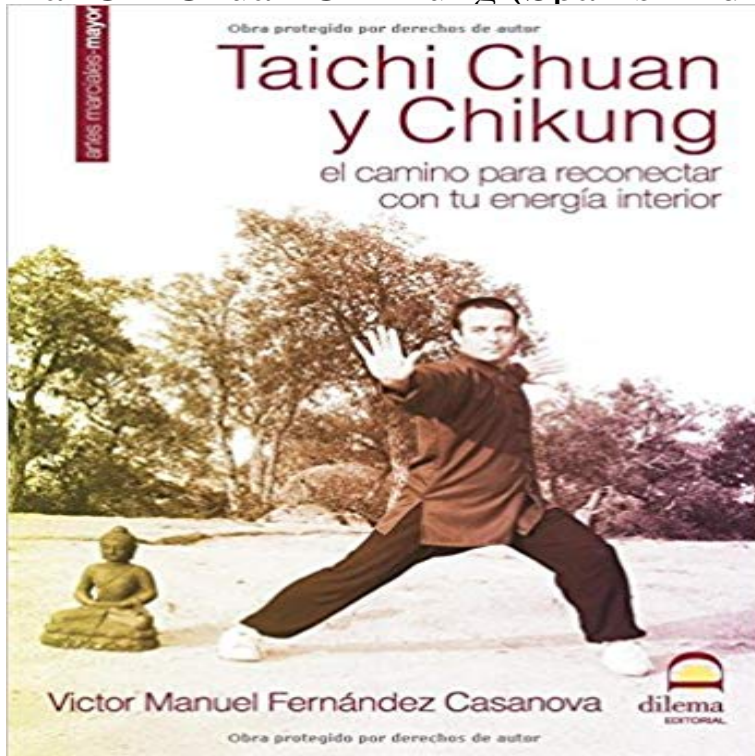


## Tai Chi Chuan Chi Kung (Spanish Edition)



Taichi Chuan es el arte marcial que utiliza la energía interna o Chi, generada con la practica del Chikung, para lograr sus objetivos. Es por eso que cualquier practicante de Taichi Chuan, debe conocer y dominar el arte del Chikung, para fortalecerse y desarrollar su energia interna, antes de poder practicar el Taichi Chuan con eficacia y seguridad. Aqui encontrara una amplia informacion acerca de los mas populares y eficaces sistemas de Chikung y Taichi Chuan que se practican en Espana y America, de tal manera que los ejercicios y practicas expuestas, son de tremenda utilidad para cualquier persona. Escrito en un lenguaje sencillo y ameno, apto tanto para el principiante como para el experto, el autor comparte cuestiones consideradas grandes secretos por los maestros tradicionales y que ahora, por primera vez se exponen abiertamente y sin misterios. Pero no solo encontrara en este libro informacion sobre ejercicios y teorias orientales, sino que el autor va mas alla en su exposicion y nos habla de lo que nos aporta el Chikung y el Taichi Chuan, desde un punto de vista emocional y espiritual, de tal manera que la informacion entra en la mente del lector de forma amena, con ejemplos practicos de como los ancestrales conocimientos pueden sernos de gran utilidad, para aplicarlos en nuestro día a día y alcanzar asi un elevado nivel de armonia y paz interior, mediante su practica.

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