



TAOIST TAI CHI AND THE I CHING

Mark Long

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'Taoist Tai Chi and the I Ching' looks to bring your practise to life through melding the wisdom of Taoist texts with the practise of Tai Chi. People often learn Tai Chi and then go onto read books such as, 'Tao te Ching' and 'I Ching'.

It can be difficult to find clear instruction on how these ancient books of wisdom can help us in our Tai Chi form. This book clearly bridges the gap between philosophy and practise.

Through commentaries and excrises presented in this book, you can unlock the deeper meanings of Tai Chi for yourself. By exploring Yin and Yang we can encounter and learn to breakthrough tension and pain, emotional blocks and set mental patterns. this leaves us feeling less ego driven, more refreshed, healthier and happier.

The author studied Shoto-ryu Karate as a teenager, acheiving black belt. He went on to study Tai Chi and Qi Gong in the UK and China. He is a member of the British Acupuncture Council and has run a practice in the South East of England for 15 years.

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