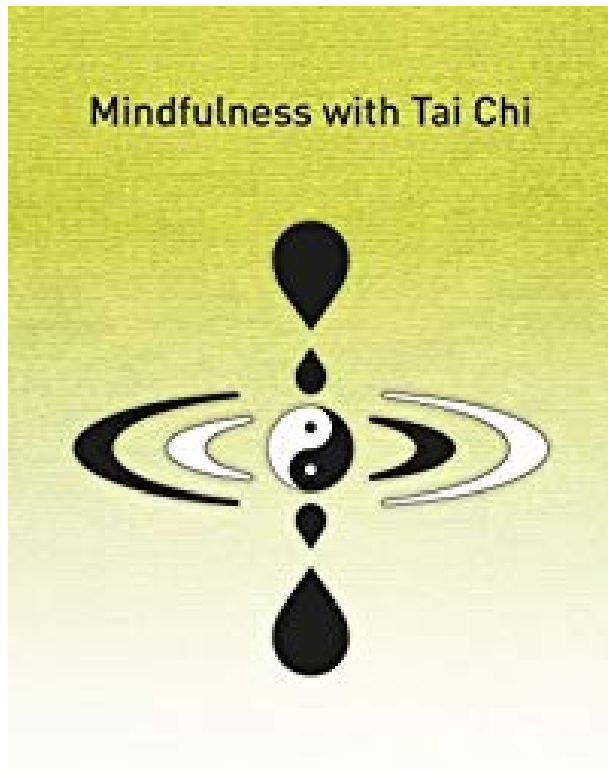


Mindfulness with Tai Chi



Mikael Lykkegaard Have

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Many have attended seminars of mindfulness meditation and have experienced how uplifting it is. But just a few days after the seminar both time and motivation starts lacking - and the decision to meditate is postponed for better times. This book grasps the issue from another angle. We're all conscious about getting daily exercise. Using the stairs instead of the elevator.

Taking the bike instead of the car. So why not use movement in the meditation and strengthen the body at the same time? This book contains 9 different Tai Chi exercises and a description of, how you can strengthen your body, improve your health and practise being attentive and present in the here and now at the same time - Mindfulness.