

Complete Idiot's Guide To T'ai Chi & Qigong By Bill Douglas

By Bill Douglas

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The complete idiot's guide to t' ai chi and qigong -

Genre/Form: Electronic books: Additional Physical Format: Print version: Douglas, Bill. Complete idiot's guide to t'ai chi and qigong. New York, NY : Alpha Books, 1998

The complete idiot's guide to T'ai Chi and QiGong -

A visual guide to T'ai Chi and QiGong discusses the principles and techniques of the ancient martial arts, as well as its benefits in terms of slowing the aging

American Tai Chi and Qigong Association (ATCQA) -

Bill Douglas. Bill Douglas is the Bill is the author of the #1 best selling tai chi book "The Complete Idiot's Guide to T'ai Chi & Qigong" (Penguin/Alpha Books

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The Complete Idiot's Guide to T'ai Chi & QiGong Illustrated (Complete Idiot's Guides (Lifestyle Paperback)) by Bill Douglas and Angela Wong Douglas (2 Oct 2012)

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Presenter, Bill Douglas, is the author of the best-selling Tai Chi book, "The Complete Idiot's Guide to T'ai Chi & Qigong" published worldwide in several languages.

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