

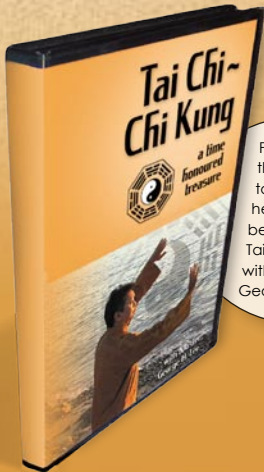
Tai Chi ~ Chi Kung

a time
honoured
treasure



Discover the benefits of Tai Chi and Chi Kung for yourself. The gentle flowing movements, concentration and focused breathing improves physical fitness and promotes feelings of relaxation, tranquility and harmony.

The movements on this dvd are suitable for all age groups, are easy to follow, and a joy to perform.



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