



Tai Chi for Therapy: Student Learning Guidebook (Paperback)

By Ncipc

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Researchers from the University of Connecticut designed a study to compare performance on measures relating to fall risk (strength, balance, functional mobility and fear of falling) in older community dwelling adults who participated in a 16 week community-based Tai Chi program to a control group of their peers who had no Tai Chi training over the same time period. bTai Chi participants improved in nearly all measures, while controls did not.b The researchers concluded that i. the group participating in Tai Chi improved to the point that no significant differences were found in strength or confidence between the two groups . despite the fact that the control group was nearly a decade younger than the Tai Chi group. *i This Guidebook will assist you in learning the Tai Chi used in the study. Laddie Sacharko has been learning and practicing Tai Chi and Qigong since 1988. In 1998, he began to teach these magnificent ideas to others. He is currently teaching in local communities. As a Master Tai Chi Teacher certified by the American Tai Chi Qigong Association, Laddie has presented...

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Reviews

Basically no phrases to clarify. It really is written in straightforward phrases rather than hard to understand. You will not sense monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).

-- **Doris Beier**

A really wonderful ebook with perfect and lucid answers. It is really interesting through looking at period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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