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Ymaa Publication Center. Paperback. Condition: New. 224 pages. Dimensions: 11.3in. x 10.2in. x 2.4in.Thisis the anticipated follow-up to the authors previous work, The Mind Inside Tai Chi (YMAA, 2015). In this edition he turns his attention to Yang style, guiding you through the 22-step form with an eye for detail and a love of nuance. Taichi is born from wuji, a state of emptiness, Zhuang writes. Empty the mind. There is no yin or yang, no you or others. From this state...

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- Authored by Henry Zhuang
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