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## Health and Harmony - Music Therapy | Relaxation Music

*Health and Harmony*

### Tai Chi

Price: \$11.99



Tai Chi Chuan, also spelled T ai Ch i Ch uan and Taijiquan, is both a martial art and a spiritual discipline. Its movements are slow and meditative, yet have an unseen internal strength. It is this combination of soft and hard, or yin and yang, which generates the great rewards of improved health and fitness physically, mentally, and spiritually.

The music on this CD was specifically composed, and is the perfect tempo for Tai Chi exercises, or alternatively it can be used purely for relaxation purposes and to promote good health.

Total playing time 55 minutes Digital stereo recording.

[Vendor Information](#)

**Customer Reviews:** There are yet no reviews for this product.

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