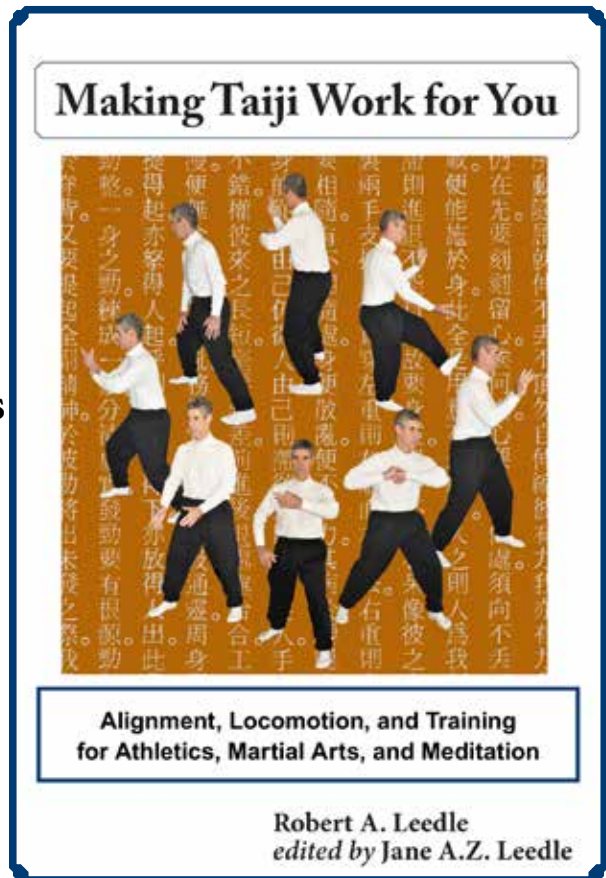


—Just Published—

A Step-by-Step Guide to Improving Your Taiji

- Discussions for beginning and advanced practitioners
- Hundreds of illustrations
- Exercises and Practice Routines
- Pushing-Hands Guidelines
- More than 500 pages



Book size—6 x 9 inches (15.2 x 23 cm)

To order your copy send a request by e-mail to:
eightdirectionspublishing@gmail.com

\$49.95 plus shipping (*Wisconsin residents include 5.1 % sales tax*)