



Essential Tai Ji

Chungliang Ai Huang

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Originally published some twenty years ago, "Essential Tai Ji" juxtaposes images with small, digestible chunks of text that bring the ancient Chinese art of Tai Ji to life. Fully illustrated with colour photographs throughout, this attractive and insightful book is here brought back into print for future generations to learn from and enjoy. Presented in lyrical prose, "Essential Tai Ji" shares the basic movements of Tai Ji - and its relationships with nature, space and time - alongside stunning, inspirational photography by Si Chi Ko. The book promotes strength, relaxation and clarity, as Master Huang teaches how to unify mind and body, achieving a healthier and more fulfilling state of being. Chapters cover everything from the origins and meanings of Tai Ji to the vocabulary, basic moves, and the Tai Ji dance. Concluding with a summary and a section on practice, the book provides a snippet of wisdom that accompanies every photograph, and is ideal to either read through in one sitting or to dip into as and when one pleases. This book is a valuable addition to any Tai Ji library, and will be of interest to students, scholars, academics, professionals, and the general reader.

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