



# Tai Chi Techniques For Correcting Your Posture While Sitting, Standing, and Lying Down (Dr. Money's Health System) (Volume 1)

*David Money*

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## **Tai Chi Techniques For Correcting Your Posture While Sitting, Standing, and Lying Down (Dr. Money's Health System) (Volume 1)** David Money

In this guide, I'll walk you through the ideas and exercises that foster a strong, resilient, and supple Tai Chi posture. You'll learn the essential ideas of alignment and how to practice them. You'll gain an understanding of the Chinese idea of sung, "to be strong as a mountain". I'll discuss the sympathetic and parasympathetic nervous system and why it's important to your posture and health. I'll talk about what to expect from your practice and how to apply a breathing technique to release your lower back tension. I'll finish by covering how often you should practice and give you some ideas to boost your strength and energy.

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