

**BUTTERFLY TAI CHI: HEALTH, ENERGY AND  
TRANQUILITY IN 10 MINUTES A DAY (GATEWAYS TO  
HEALTH)**

Kay Shelp

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They would make ideal gifts for people who are new to a spiritual path, or not rigidly following a particular way, and who want to focus more on their subtle energy and being more balanced and healthy, which is the underlying theme running through all of the books. Overview Take just ten minutes out of your day to practise the seven simple, elegant movements that form the routine of Butterfly Tai Chi and you will feel healthier and more energised. Sign in to Purchase Instantly. NewSoftcoverQuantityAvailable:3. Published by Watkins Publishing The Zen Diet is the first diet to offer a long-term solution based on Kaizen and other harmonious spiritual principles from Japan.

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