

EXERCISE (Tai Chi)

TAI CHI

Chi: your body's energy: practical introduction to the secrets of vitality from... (2002) 613.7148 Chi

Bonifonte, Philip T'ai Chi for Seniors: how to gain flexibility, strength, and inner peace (2004) 613.7148 Bonifont

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Clark, Angus The Complete Illustrated Guide to Tai Chi: a practical approach... (2001) 613.7148 Clark

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Yu, Tricia Tai Chi: Exercise for Lifelong... DVD 613.7148 Tai



WEBSITES

Chinese Religions

<http://www2.kenyon.edu/Depts/Religion/Fac/Adler/ReIn270/links270.htm>

Chinese Religion

<http://asia.msu.edu/eastasia/China/religion.html>

Confucius and Confucianism

<http://www.chinaknowledge.org/Literature/Classics/confucius.html>

Feng Shui—China Style

<http://library.thinkquest.org/05aug/01780/fengshui/index.htm>

What is Feng Shui

<http://www.infoplease.com/spot/fengshui1.html>

Tai Chi and Arthritis

http://arthritis.about.com/od/taichi/Tai_Chi_and_Arthritis_Gentle_Martial_Arts_Exercises_for_Arthritis.htm

Tai Chi Exercises Both Mind and Body

<http://www.webmd.com/healthy-aging/guide/tai-chi-health>



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<http://www.texascity-library.org>



Chinese

*Feng Shui, Philosophy,
Religion, and Exercise
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