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Expressed By The Fingers.” <sup>1</sup> TO PRACTICE TAI CHI Although Tai Chi Was Originally A Martial Art, It Has Evolved Into A Soft, Slow And Gentle Form Of Exercise. It Can Be Practiced By People Of All Ages Due To Its Many Health Benefits. Parksville Shores Tai Chi Teaches The 108- Mar 21th, 2024

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Practitioners Consider Qigong To Be A Subset Of Tai Chi. Much Has Been Written About Qigong And Qigong Exercises [7-131]. The Chinese Health Qigong Association Has Produced Nine DVDs That Provide Instruction On Some Of The More Popular Qigong Exercise Sets [132-140]. Several Organizations Have Been Formed To Mar 1th, 2024

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Practiced Qigong Exercises Outperformed The Breast Cancer Group That Did Not Perform Qigong Exercises By 27.3 Percent In The One-leg Stand Test (P=0.025) And Had Better Scores In Self-efficacy (P=0.006). The Number Of Falls Experienced By The Three Groups Was About The Same. T Jan 11th, 2024

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