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the tai chi group continued the practice of tai chi while the non-exercise support group retained only 10 per cent of its original membership. The aerobic group retained fewer of its members than the tai chi group and their diastolic blood pressure did not improve. THE YIN, THE YANG AND THE QI Tai chi is based on traditional Chinese medicine, qigong (the method of cultivation of qi) and ...

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Antes de praticar os exercícios resumidos é interessante assistir as explicações, o vídeo completo você vai encontrar no link abaixo: <https://www.youtube.com...>

Exercícios Tai Chi Para Iniciante Resumido - YouTube

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