

# Chi: How To Feel Your Life Energy By Waysun Liao

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(formerly titled: "Chi: How to Feel Your Life Energy") features photos of Master Waysun Liao demonstrating each form contained in the old edition,

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Author: Waysun Liao (Author), Title: Chi: How to Feel Your Life Energy (Paperback), Publisher: Taichi Tao Productions, Category: Books, ISBN: 9780976545422, Price: \$

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Chi: How to Feel Your Life Energy by Waysun Liao \*This 2005 edition is now out of print and has been re-issued in a new 2009 edition by Shambhala Publications, titled

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Author: Liao, Waysun, Publisher: Oak Park, IL : Taichi Tao Productions, c2005. ISBN: 097654542X (pbk) Format: Books: Physical Description: 191 p. :ill. ;23 cm.

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T'ai Chi Classics. 189 likes T'ai Chi Classics shared Master Waysun Liao's arts of t'ai chi and chi gung will help restore your life energy, known as chi.

### **Embrace the cold to feel your chi - dan kleiman**

Thanks for the link, Dan! This is something I ve been wondering about for a long time. I ve put a lot of effort into changing my diet and fitness patterns, in the

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In Restoring Your Life Energy, Master Waysun Liao studied t ai chi in a Taoist temple in his native Taiwan from the age of twelve.

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