



## Longevity through Tai Chi Practice

*Roger Ashton*

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Tai Chi has long been recommended as a longevity practice by professionals in the health field. As a slow, gentle exercise, it is appropriate for the sick and elderly, but it can also be used by everyone to prolong physical stamina and mental acuity. The author's extensive experience both as a Tai Chi practitioner and teacher led to the realization that this internal martial art's therapeutic results depend on specific use of intent, Bai Hui point, and Tan-tien. This writing contains information on the mental positioning as well as the physical adjustments necessary to exploit Tai Chi's potential. Consistent and correct Tai Chi practice builds energy, strength and mental clarity in a way that is gradual and effective.

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