SOFTWARE

RESEARCH

*This study used the Tai Chi Fundamentals® Program as the Tai Chi intervention*

BOOKS:

Yu, T. *Tai Chi Mind and Body.* DK Publishing 2003. (Translated into eleven languages)


ARTICLES in PROFESSIONAL PUBLICATIONS:


Dobson, S, “Tai Chi and Qigong Can be Applicable in the Acute-Care Setting” *Advance for Physical Therapists* 17:3 Jan 16 2006: 36.


ARTICLES in PROFESSIONAL PUBLICATIONS continued:
Van Ryzen, J. “Nurturing Body and Mind: Program Aims to Bring Tai Chi to Older Adults” Innovations, A Publication of the National Council on Aging 35:1 Issue 1 2006: 13-17. References to Tai Chi Fundamentals®

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_______. “Go with the Flow with Tai Chi” Weight Watchers Magazine June.2005: 40- 44.
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Teare, T "Your Personal Exercise Rx." Fitness Nov. 2003:141--143.

Additional Recommended Reading

BOOKS ON YANG STYLE, CHENG MAN CH'ING LINEAGE TAI CHI:
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