

BETTY SUTHERLAND

Includes
Instructional
DVD



CHI FOR CHILDREN

*A Practical Guide to Teaching Tai Chi and
Qigong in Schools and the Community*

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BETTY SUTHERLAND

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LONDON AND PHILADELPHIA

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Chop wood, carry water, every day. Without routine/repetition there is no
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Lao Tzu, *Tao Te Ching*

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