

T'AI CHI CH'UAN AND I CHING

A careful and helpful guide for those who want to know and follow a Chinese way to health of body and depth of mind

- detailed descriptions of each movement
- illustrated with 74 poses
- the uses, underlying principles, and origin of T'ai Chi Ch'uan

Chinese sages perfected the exercises in this book that any person, whether young or old, can do for health, relaxation, and peace of mind. With T'ai Chi Ch'uan an individual can become attuned to the ever-flowing changes of earth and heaven -- the yielding and firmness of *yin* and *yang*.

The author explains how the T'ai Chi Ch'uan movements are related to the *I Ching*, the Chinese book of wisdom. As the individual masters these movements, he or she will understand that the outward motions of a healthy body come naturally from a disciplined, enlightened mind.

DA LIU, who is credited by *Newsweek* for introducing T'ai Chi Ch'uan in the United States, is president of the T'ai Chi Society of New York. A staff member of the Chinese section of the United Nations for ten years, he is master instructor of T'ai Chi Ch'uan at the Central YWCA and has lectured on the *I Ching* at the China Institute in New York City. Under Da Liu's direction, a plan has been formulated to computerize the *I Ching*.