



# Tai Chi Chuan Chi Kung (Spanish Edition)

*Víctor Manuel Fernández Casanova*

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Taichi Chuan es el arte marcial que utiliza la energía interna o Chi, generada con la práctica del Chikung, para lograr sus objetivos. Es por eso que cualquier practicante de Taichi Chuan, debe conocer y dominar el arte del Chikung, para fortalecerse y desarrollar su energía interna, antes de poder practicar el Taichi Chuan con eficacia y seguridad. Aquí encontrará una amplia información acerca de los más populares y eficaces sistemas de Chikung y Taichi Chuan que se practican en España y América, de tal manera que los ejercicios y prácticas expuestas, son de tremenda utilidad para cualquier persona. Escrito en un lenguaje sencillo y ameno, apto tanto para el principiante como para el experto, el autor comparte cuestiones consideradas grandes secretos por los maestros tradicionales y que ahora, por primera vez se exponen abiertamente y sin misterios. Pero no sólo encontrará en este libro información sobre ejercicios y teorías orientales, sino que el autor va más allá en su exposición y nos habla de lo que nos aporta el Chikung y el Taichi Chuan, desde un punto de vista emocional y espiritual, de tal manera que la información entra en la mente del lector de forma amena, con ejemplos prácticos de cómo los ancestrales conocimientos pueden sernos de gran utilidad, para aplicarlos en nuestro día a día y alcanzar así un elevado nivel de armonía y paz interior, mediante su práctica.

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