

corso Tai chi Chuan e Qi Gong



Luogo

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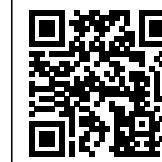
Toscana, Pistoia

corso Tai chi Chuan e Qi Gong Tutti i corsi offerti si basano su un concetto di movimento che prevede l'utilizzo del corpo nella sua interezza in modo funzionale, fluido ed equilibrato. Il Qi Gong è una pratica attraverso la quale si lavora sulla respirazione e sulla circolazione del Qi. È considerato uno degli strumenti della medicina cinese (insieme ad agopuntura, massaggio tuina, dietetica, etc. .) per il mantenimento del benessere del nostro intero organismo. Il Tai Chi è una forma di arte marziale della quale, soprattutto negli ultimi decenni, sono stati messi in risalto gli aspetti benefici sulla salute fisica e mentale dei praticanti **QUALSIASI** età essi abbiano. Dai bambini agli anziani. E' il movimento stesso il fine ultimo del praticare, e così la pratica diventa vita, e la vita si esplica e diventa essa stessa pratica. Corsi presso Centro Tao, via Gentile 40 Pistoia (PT)



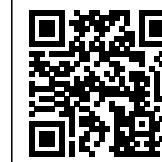
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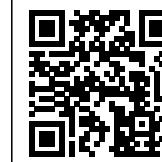
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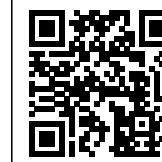
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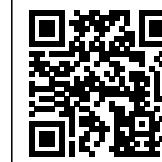
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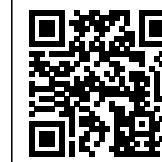
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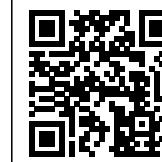
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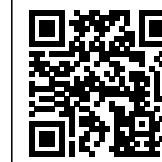
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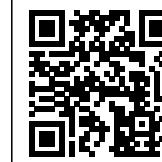
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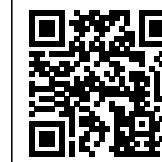
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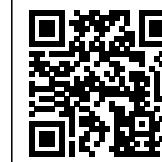
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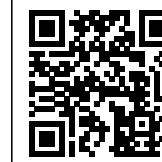
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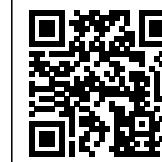
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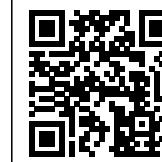
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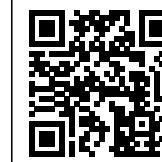
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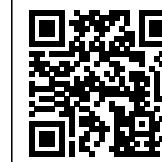
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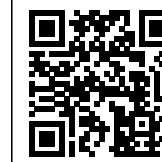
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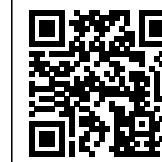
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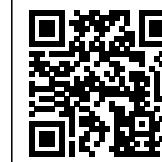
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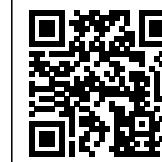
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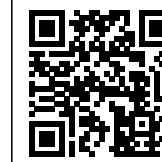
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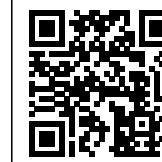
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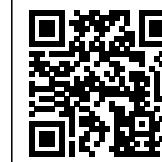
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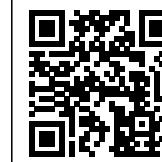
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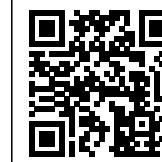
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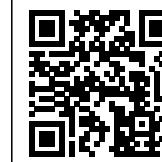
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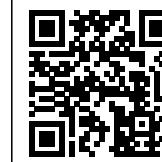
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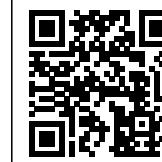
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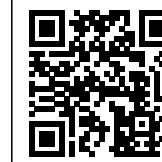
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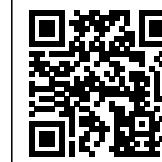
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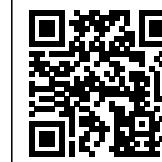
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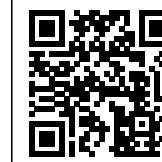
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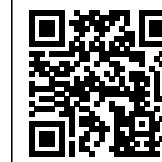
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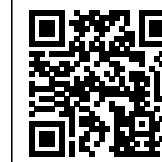
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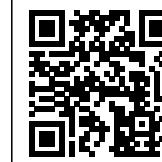
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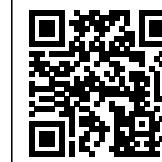
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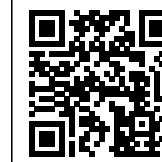
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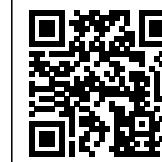
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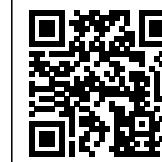
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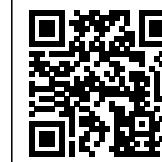
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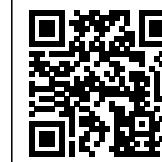
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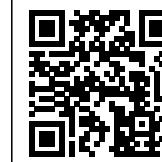
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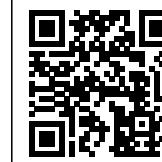
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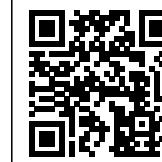
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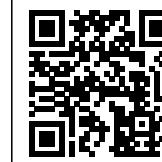
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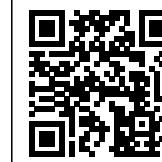
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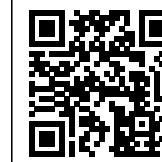
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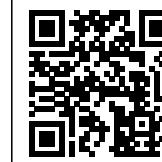
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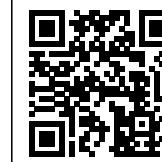
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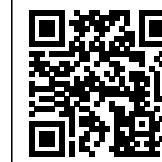
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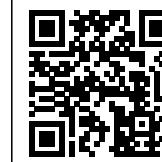
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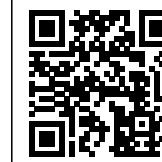
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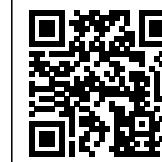
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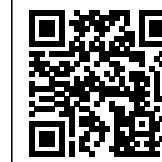
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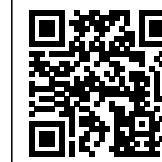
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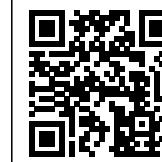
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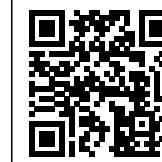
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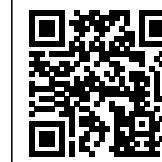
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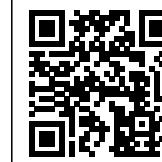
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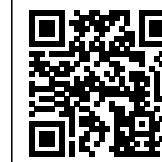
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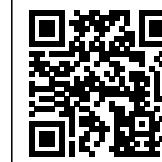
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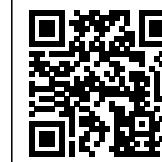
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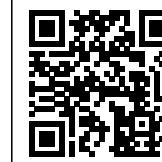
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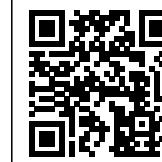
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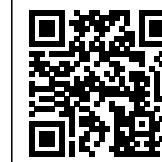
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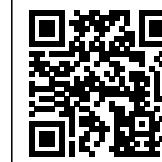
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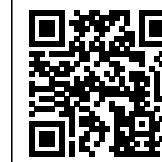
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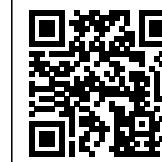
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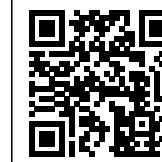
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