

From the authors of the bestselling ChiRunning comes a revolutionary program that blends the health benefits of walking with the core principles of Tai Chi to deliver maximum physical, mental, and spiritual fitness. The low-impact health benefits of walking have made it one of the most popular forms of daily exercise. Yet few people experience all the benefits that walking can offer. In ChiWalking, Danny and Katherine Dreyer, well-known walking and running coaches, teach the walking technique they created that transforms walking from a mundane means of locomotion into an intensely rewarding practice that enhances mental, emotional, and physical well-being. Similar to Pilates, yoga, and Tai Chi, ChiWalking emphasizes body alignment and mindfulness while strengthening the core muscles of the body. The five mindful steps of the ChiWalking program will get anyone, regardless of age or athletic ability, into great shape from head to toe, inside and out. 1. Get aligned. Develop great posture and better balance. 2. Engage your core. Make back and knee pain disappear. 3. Create balance. Walk faster, farther, and with less effort. 4. Make a choice. Choose from a menu of twelve great walks such as the Cardio Walk, the Energizing Walk, or the Walking Meditation, to keep your exercise program fresh. 5. Move forward. Make walking any distance a mindful, enjoyable experience, whether you're a beginner or a seasoned walker.

Canals Across Scotland, Living with Purpose: Devotions for Discovering Your God-Given Potential, Intermediate Music for Two, Christmas for Flute or Oboe or Violin & Cello or Bassoon, Making Your Mind Up (Thorndike Press Large Print Romance Series), Lucking Out: My Life Getting Down and Semi-Dirty in the Seventies, Das Hildebrandslied: Sheet Music (German Edition), DASH Diet Cookbook: Delicious, Quick and Easy DASH Diet Recipes for Effective Weight Loss (DASH Diet, Weight Loss, Recipes, Low Sodium, Younger You), French DeMYSTiFieD, Second Edition, Reports of Cases Argued and Determined in the Ecclesiastical Courts at Doctors Commons: And in the High Court of Delegates [1809-1821], Volume 1, The Disciples Prayer: The Prayer Jesus Taught in Its Historical Setting,

From the authors of the bestselling ChiRunning comes a revolutionary program that blends the health benefits of walking with the core principles of Tai Chi to. Find out more about ChiWalking by Danny Dreyer, Katherine Dreyer at Simon & Schuster. Read book reviews Fitness Walking for Lifelong Health and Energy.

ChiWalking: Fitness Walking for Lifelong Health and Energy: The Five Mindful Steps for Lifelong Health and Energy Danny Dreyer, Katherine Dreyer ISBN. ChiWalking: Fitness Walking for Lifelong Health and Energy (English Edition) eBook: Danny Dreyer, Katherine Dreyer: eatafk.com: Kindle-Shop. ChiWalking: Fitness Walking for Lifelong Health and Energy eBook: Danny Dreyer, Katherine Dreyer: eatafk.com: Kindle Store.

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knowledge on how to.

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