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o tai chi chuan é uma arte marcial chinesa praticada com movimentos lentos e em silêncio e que traz benefícios para a saúde como melhorar a postura o equilíbrio e a qualidade do sono saiba o que é

nov 30 2025 se você está interessado em começar a praticar tai chi chuan este guia completo de tai chi chuan para iniciantes irá te mostrar os primeiros passos para você ingressar nessa arte

para você que é iniciante do tai chi chuan este vídeo contém a série completa dos 18 exercícios de aquecimento

como praticar tai chi chuan o tai chi chuan taijiquan é uma antiga arte marcial interna ou suave originada na china ele é muito praticado por quem deseja cuidar ao mesmo tempo da saúde física

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neste artigo vamos explorar 10 benefícios do tai chi chuan e fornecer dicas de como começar a praticar essa atividade que tem ganhado cada vez mais adeptos em todo o mundo

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descubra como praticar tai chi os movimentos básicos e os benefícios dessa arte marcial suave para corpo e mente

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