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FitXpress: Mind & Body 2-Pak Easy Tai Chi and Chair Pilates Easy Tai Chi is an evidence-based program from the Oregon Research Institute. The 8 forms are shown seated and standing; suitable for any age or capability. Chair Pilates focuses on posture, flexibility, and strength, with particular attention to the torso. Both are classroom-formatted with soothing music. No equipment needed. Excerpt from "A Simpler Eight-Form Easy Tai Chi for Elderly Adults" Basically, Tai Chi is a series of individual movements (or forms) linked together to flow smoothly from one form to another. The movements of Tai Chi, when performed with continuity, involve characteristics such as body and trunk rotation, flexion/extension of the hips and knees, weight shifting, postural alignment, coordinated arm movements and postural control.

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Billy Doyle:

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