

## Recommended Reading:

- **Drawing Silk**, Paul Gallagher
- **T'ai Chi – Health for Life**, Bruce K. Frantzis
- **Taijiquan – The Art of Nurturing, the Science of Power**, Yang Yang
- **The Dao of Taijiquan – Way to Rejuvenation**, Jou, Tsung-Hwa
- **The Harvard Medical School Guide to T'ai Chi**, Peter M. Wayne, PhD
- **The T'ai Chi Book**, Robert Chuckrow
- **Harnessing the Power of the Universe**, Daniel Reid
- **Opening the Energy Gates of Your Body**, Bruce K. Frantzis
- **The Root of Chinese Qigong**, Dr. Yang Jwing-Ming
- **The Way of Energy**, Lam Kam Chuen
- **The Way of Qigong**, Kenneth S. Cohen
- **Warriors of Stillness, Volume 1 & 2**, Jan Diepersloot
- **Essential Anatomy for Healing & Martial Arts**, Marc Tedeschi
- **I Ching (Book of Changes)**
- **Meditation and the Martial Arts**, Michael L. Raposa
- **Tao Te Ching (Dao De Jing)**, Lao Tze
- **The Book of Five Rings**, Miyamoto Musashi
- **The Power of Internal Martial Arts and Chi**, Bruce K. Frantzis
- **Ways of Heaven: An Introduction to Chinese Thought**, Roel Sterckx