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CynthiaQuarta @ CynthiaQuarta. Instructor of standard and seated Tai Chi/Qigong for ppl of all ages & levels of fitness, author of Tai Chi in a Chair, blogger at [http](http://www.cynthiaquarta.com)

Tai chi in a chair: easy 15-minute routines for

Cynthia Quarta is a tai chi instructor who has studied martial arts for years. She lives in Montana.

Books - tai chi basics

Yes, tai chi is growing in popularity and thanks to youtube and the internet resources are abounding. Tai Chi in a Chair by Cynthia Quarta (May 19, 2011)

Tai chi in a chair > the retreat company

Tai Chi in a Chair. Author: Cynthia Quarta. Publisher: Fair Winds Press. ISBN: 193141260X

Cynthia quarta (author of tai chi in a chair) -

Cynthia Quarta is the author of Tai Chi in a Chair (3.33 avg rating, 12 ratings, 0 reviews, published 2001), Releasing Destructive Fears (0.0 avg rating,

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