

Buy TaiChi17 App in iTunes store

Hier is de link naar onze 'TaiChi17' iPad App:

Here is the link to our iPad App; 'TaiChi17':

<https://itunes.apple.com/us/app/taichi17/id536267807?mt=8>

Na het klikken op deze link zie je een **blauw** 'knopje' met **View in iTunes**, dan kom je in de iTunes-winkel waar je de App kunt kopen.

After clicking on this link, press the **blue** 'button' saying: **View in iTunes**. You will end up in the iTunes store where you can purchase the App.

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Extra information on the Tai Chi 17 iPad App:

**Please note that:*

- Creating an exciting app, with so many features and large amount of audio and video, creates significant download time. Please be patient while your "Tai Chi Classroom in an App" loads. It is worth the wait!

- You need to have at least 2GB space on your iPad to download this App.

- It works best on iPad 2 and 3

Description

Looking for a fun, whole-body exercise alternative, that can be done anywhere and anytime? Well, look no further. The Tai Chi 17 App was designed as an introductory course to teach you 17 specific Tai Chi movements to help reduce stress, improve flexibility, and improve overall mind and body health. The app uses the first 17 moves of the Tai Chi Set of Master Moy Lin-Shin and has been adjusted for easy of learning without a live instructor. Learn and practice at your own pace and start seeing results quickly. The App will give you good introductory knowledge of Tai Chi and will allow you to enter more formal classes at a later time.

Some of the special features you'll receive:

- 360 degree rotations of each beginning and end pose to ensure movement accuracy (it's also really cool to use!)
- Self assessment to gauge progress
- Audio Instruction throughout the app to keep you focused on learning
- Video with a variety of viewing angles to perfect the movements
- Terminology dictionary
- Common mistakes section to correct your position in real-time

Some of the health benefits from Tai Chi:

- Improved flexibility
- Better balance
- Improved cardiovascular function and motor function
- Reduction in pain and muscle tension
- Better sleep
- Increased energy
- Reduction in stress
- Better concentration and focus
- Enhanced sense of well-being

Learning Tai Chi has never been easier. Download the App today! Get started with a free trial or download the entire set for only \$ 2.99.

Also go to www.moytaichi.org for more information