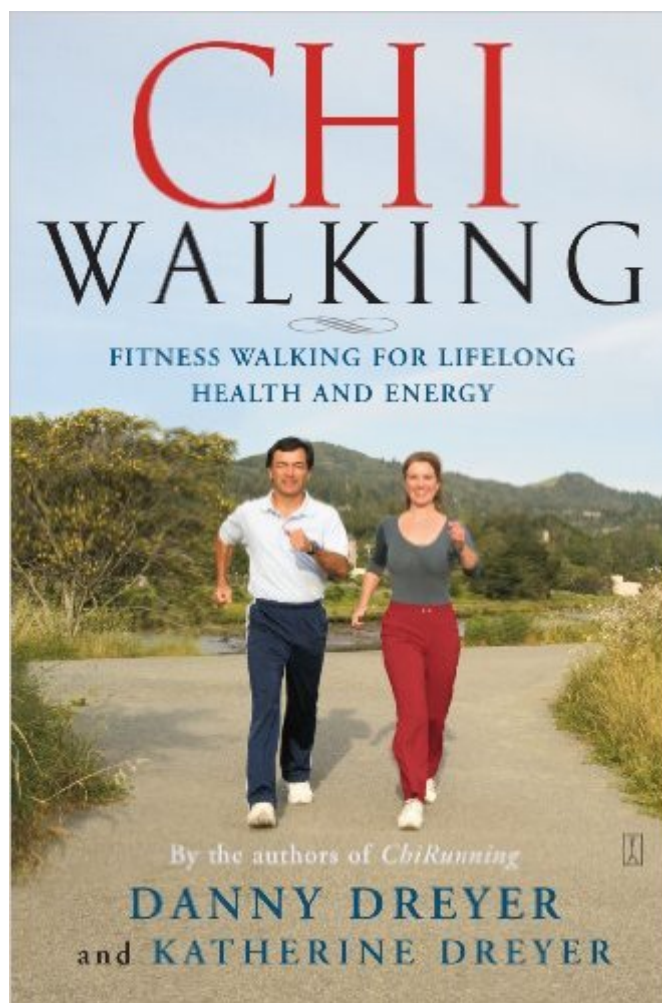


The book was found

ChiWalking: Fitness Walking For Lifelong Health And Energy



Synopsis

From the authors of the bestselling ChiRunning comes a revolutionary program that blends the health benefits of walking with the core principles of Tâ™ai Chi to deliver maximum physical, mental, and spiritual fitness. The low-impact health benefits of walking have made it one of the most popular forms of daily exercise. Yet few people experience all the benefits that walking can offer. In ChiWalking, Danny and Katherine Dreyer, well-known walking and running coaches, teach the walking technique they created that transforms walking from a mundane means of locomotion into an intensely rewarding practice that enhances mental, emotional, and physical well-being. Similar to Pilates, yoga, and Tâ™ai Chi, ChiWalking emphasizes body alignment and mindfulness while strengthening the core muscles of the body. The five mindful steps of the ChiWalking program will get anyone, regardless of age or athletic ability, into great shape from head to toe, inside and out. 1. Get aligned. Develop great posture and better balance. 2. Engage your core. Make back and knee pain disappear. 3. Create balance. Walk faster, farther, and with less effort. 4. Make a choice. Choose from a menu of twelve great walks such as the Cardio Walk, the Energizing Walk, or the Walking Meditation, to keep your exercise program fresh. 5. Move forward. Make walking any distance a mindful, enjoyable experience, whether youâ™re a beginner or a seasoned walker.

Book Information

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Customer Reviews

****"ChiWalking: The Five Mindful Steps for Lifelong Health and Energy" is a life-changing book for a walker. ChiWalking is essentially a way of using the body's energy system to maximize your

walking experience. This encompasses a variety of things, from the form or posture you use when walking, to how you move, to what you think of or meditate on or focus on, and much more. Before I started ChiWalking, I had a lot of pain in my left hip. Since learning the ChiWalking technique, I have no more hip pain. However, I availed myself of much more than just the ChiWalking book. I started with the book, and thus understood what I needed to do and why. I am not very good at translating something from a book to action, so I wasn't able to duplicate the movements on my own from just the book alone. I would not blame this on the book, however, because the book is very clear, and would be really beneficial for those readers who can pick up mechanical movements from illustrations and exposition. I then purchased the ChiWalking DVD, which helped a lot. I saw people practicing what I had read about in the book. Still, I could not translate that into action, mainly because of my learning limitations. However, it excited me and motivated me to take a ChiWalking seminar in a nearby large city. In the seminar I received feedback as to what I was doing wrong. This was what was most helpful to me. Without the book, however, I would not have had the background to fully implement the instruction I received or to really incorporate it into my walking practice. The ChiWalking book thoroughly explains theory and practice behind ChiWalking. It is where you should start to find out if ChiWalking can help you to be a better walker.

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