

Seniors Tai Chi Workout Book Improves Balance, Strength and Flexibility

NEW YORK, NY – Aug. 14 (SEND2PRESS NEWSWIRE) – “The Senior’s Tai Chi Workout Book,” just published, is the first Tai Chi workout book designed especially for seniors with a simple, clear and easy to follow workout. Precise, clear directions and photos illustrate all Tai Chi exercises. Master Domingo Colon, director of the Tai Chi School of Westchester, est. 1978 has used his more than 40 years of Tai Chi experience and training in physical therapy to create a program that’s perfect for seniors practicing at home.

Editorial Notice:

This news item has been removed / deprecated due to a violation of our Terms of Service (TOS) by the source of this news item and because this person “Master Domingo Colon” has defrauded Send2Press of over \$700. His name and business have been added to the PR Blacklist™ due to non payment of services rendered (fraud).

“The Senior’s Tai Chi Workout Book”

“Tai Chi School of Westchester”

“Master Domingo Colon”

News issued by: Tai Chi School of Westchester

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