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### **Chi method**

Claire Hooton's introduction to t'ai chi is easy to style lecture on the benefits of t'ai chi, an exercise that builds health, The Method T'AI CHI AVI

### **Claire hooton (author of t' ai chi for beginners)**

Claire Hooton is the author of T'ai chi for beginners (4.00 avg rating, 3 ratings, 0 reviews, published 1996) Claire Hooton s Followers. None yet.

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Starring Claire Hooton Studio Name Parade Video DVD Release Date 10/29/2002 Rating Not Rated Format DVD Screen Format Full Frame Run Time (in minutes) 135

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