

# Yoga, Tai Chi And MS: How Yoga And Tai Chi Can Help You Overcome Multiple Sclerosis [Kindle Edition] By Silvia Martinez

By Silvia Martinez

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## Yoga and Tai Chi for MS - National MS Society - -

Mar 01, 2010 MS Learn Online is the National MS Society's online educational webcast series. This video features a discussion with Allen Bowling, MD, PhD, who talks

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Tai chi is a Chinese martial art that is gentler than most forms of yoga. Deep breathing, relaxation, and  
slow, gentle movements are the primary elements of tai chi.

<http://www.nationalmssociety.org/Living-Well-With-MS/Health-Wellness/Exercise/Adaptive-Tai-Chi>

### **Yoga and Tai Chi : National Multiple Sclerosis -**

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<http://www.nationalmssociety.org/Chapters/FLN/Services-and-Support/Services/Yoga-and-Tai-Chi>

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