



ChiWalking: Fitness Walking for Lifelong Health and Energy

By Danny Dreyer, Katherine Dreyer

[Download now](#)

[Read Online](#) 

ChiWalking: Fitness Walking for Lifelong Health and Energy By Danny Dreyer, Katherine Dreyer

From the authors of the bestselling *ChiRunning* comes a revolutionary program that blends the health benefits of walking with the core principles of T'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 T'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 you're a beginner or a seasoned walker.

 [Download ChiWalking: Fitness Walking for Lifelong Health an ...pdf](#)

 [Read Online ChiWalking: Fitness Walking for Lifelong Health ...pdf](#)

ChiWalking: Fitness Walking for Lifelong Health and Energy

By Danny Dreyer, Katherine Dreyer

ChiWalking: Fitness Walking for Lifelong Health and Energy By Danny Dreyer, Katherine Dreyer

From the authors of the bestselling *ChiRunning* comes a revolutionary program that blends the health benefits of walking with the core principles of T'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 T'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 you're a beginner or a seasoned walker.

ChiWalking: Fitness Walking for Lifelong Health and Energy By Danny Dreyer, Katherine Dreyer

Bibliography

- Sales Rank: #40594 in Books
- Brand: Dreyer, Danny/ Dreyer, Katherine
- Published on: 2006-04-04
- Released on: 2006-04-04
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .70" w x 6.12" l, .96 pounds
- Binding: Paperback
- 272 pages

 [Download ChiWalking: Fitness Walking for Lifelong Health an ...pdf](#)

 [Read Online ChiWalking: Fitness Walking for Lifelong Health ...pdf](#)

Download and Read Free Online ChiWalking: Fitness Walking for Lifelong Health and Energy By Danny Dreyer, Katherine Dreyer

Editorial Review

Users Review

From reader reviews:

Dominique Fletcher:

The e-book with title ChiWalking: Fitness Walking for Lifelong Health and Energy has a lot of information that you can understand it. You can get a lot of advantage after read this book. This kind of book exist new information the information that exist in this book represented the condition of the world right now. That is important to you to understand how the improvement of the world. This book will bring you throughout new era of the the positive effect. You can read the e-book with your smart phone, so you can read that anywhere you want.

Leonel Burton:

Playing with family within a park, coming to see the coastal world or hanging out with buddies is thing that usually you will have done when you have spare time, and then why you don't try factor that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love ChiWalking: Fitness Walking for Lifelong Health and Energy, you are able to enjoy both. It is very good combination right, you still wish to miss it? What kind of hangout type is it? Oh occur its mind hangout men. What? Still don't buy it, oh come on its known as reading friends.

Brittany Schafer:

The book untitled ChiWalking: Fitness Walking for Lifelong Health and Energy contain a lot of information on the idea. The writer explains your ex idea with easy method. The language is very straightforward all the people, so do not really worry, you can easy to read this. The book was written by famous author. The author will take you in the new period of time of literary works. You can actually read this book because you can continue reading your smart phone, or model, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site in addition to order it. Have a nice go through.

Carol Ramirez:

Is it an individual who having spare time subsequently spend it whole day through watching television programs or just lying down on the bed? Do you need something totally new? This ChiWalking: Fitness Walking for Lifelong Health and Energy can be the reply, oh how comes? It's a book you know. You are therefore out of date, spending your spare time by reading in this brand-new era is common not a nerd

activity. So what these books have than the others?

Download and Read Online ChiWalking: Fitness Walking for Lifelong Health and Energy By Danny Dreyer, Katherine Dreyer #TUS96O2LHI4

Read ChiWalking: Fitness Walking for Lifelong Health and Energy By Danny Dreyer, Katherine Dreyer for online ebook

ChiWalking: Fitness Walking for Lifelong Health and Energy By Danny Dreyer, Katherine Dreyer Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read ChiWalking: Fitness Walking for Lifelong Health and Energy By Danny Dreyer, Katherine Dreyer books to read online.

Online ChiWalking: Fitness Walking for Lifelong Health and Energy By Danny Dreyer, Katherine Dreyer ebook PDF download

ChiWalking: Fitness Walking for Lifelong Health and Energy By Danny Dreyer, Katherine Dreyer Doc

ChiWalking: Fitness Walking for Lifelong Health and Energy By Danny Dreyer, Katherine Dreyer MobiPocket

ChiWalking: Fitness Walking for Lifelong Health and Energy By Danny Dreyer, Katherine Dreyer EPub