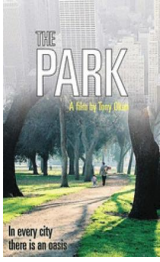
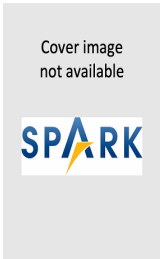


# Exercise Videos and Books

Created by **Lady Lioness**

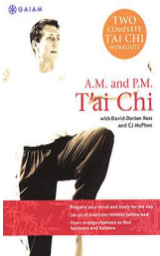


## Carol Argo's The Anti Aging Method.



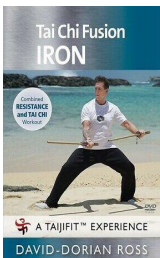
## Tai chi fundamentals

*with Tricia Yu ; Uncharted Country Publishing ; scripted, produced and directed by Tricia Yu.*



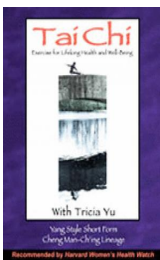
## A.M. and P. M. T'ai Chi

*produced and directed by Ted Landon.*



## Tai chi Fusion.

*YMAA Production.*



## Tai chi

*with Tricia Yu ; produced and directed by Tricia Yu ; produced by Western Eye Television.*

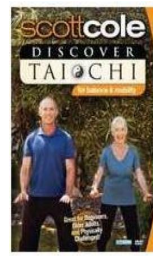


## Relax & restore.



## Discovering chi.

*with Linda Modaro ; produced and directed by William Gazecki.*



## Discover tai chi for balance & mobility

*created, Choreographed and produced by Scott Cole.*



## Tai chi fit.