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His book Chi Walking: Fitness Walking for Lifelong Health and Energy describes the importance of balanced posture, and offers a series of exercises to develop

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The chirunning- a revolutionary approach to effortless, injury-free

About the author: Danny Dreyer is an esteemed running and walking coach and are coauthors of ChiWalking: Fitness Walking for Lifelong Health and Energy,

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Fitness Walking for Lifelong Health and Energy Danny Dreyer, Katherine Dreyer In Chi Walking you'll learn a walking form that offers you greater potential to

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Danny and Katherine are the co-founders of ChiRunning and Chi Walking, ChiWalking: Fitness Walking for Lifelong Health and Energy was released in March

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Author Name Dreyer, Danny & Katherine Dreyer. Title ChiWalking Fitness Walking for Lifelong Health and Energy. Binding Paperback. Publisher Touchstone

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Danny Dreyer is the co-founder of ChiRunning and ChiWalking, revolutionary forms of moving that blend the subtle inner focuses of T'ai Chi with running and walking. ChiWalking: Five Mindful Steps to Lifelong Health and Energy was released Time Warner's Health Magazine, AOL, Shape Magazine, Fitness Magazine,

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Danny Dreyer is the creator of ChiRunning® and ChiWalking®, revolutionary that blend the subtle inner focuses of T'ai Chi with running and walking. ChiWalking: Five Mindful Steps to Lifelong Health and Energy was

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A Fitness Walking Program for Lifelong Health and Energy With ChiWalking, author Danny Dreyer teaches us how to take this routine activity to a whole new

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Yet few people experience all the benefits that walking can offer. In ChiWalking, Danny and Katherine Dreyer, well-known walking and running coaches, teach

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