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## **Vital Force Journal**

Pages of The Vital Force are packed with articles (first-person stories, teaching tips, photos, letters, poems, and more) by students and teachers about their experiences with T'ai Chi Chih.

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*PO Box 92426  
Albuquerque, NM 87199*

**Phone:** 505-797-7300

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### **Vital Force Journal**

PROMOTE TAI CHI CHIH

*PO Box 92426  
Albuquerque, NM 87199*

**Phone:** 505-797-7300

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