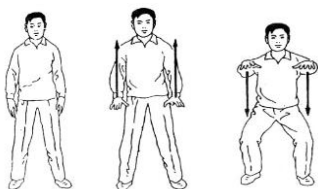
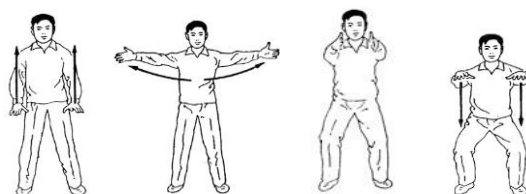


# Taiji Qigong Shibashi – mouvements du 10 juin

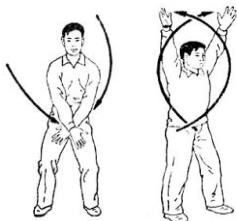
1-Débuter la forme et réguler la respiration



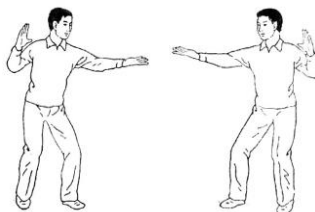
2-Ouvrir la poitrine



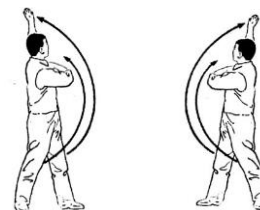
3-Tourner les bras pour séparer les nuages



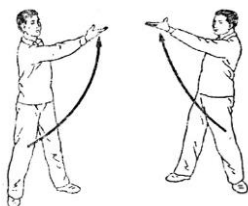
4-En posture fixe, tourner le bras



5-Tourner le corps et regarder la Lune



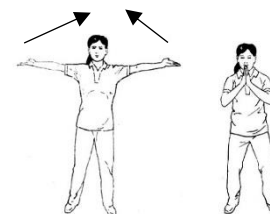
6-Soulever le ballon à l'épaule



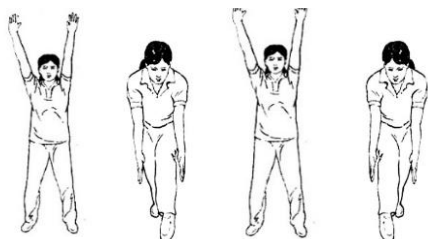
7-La brise fait bouger les branches du saule



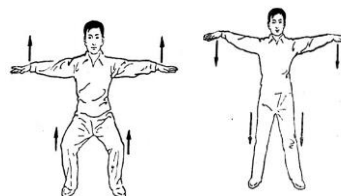
8-La grue prie la lune



9-Chercher l'aiguille au fond de la mer



10-L'oise sauvage en vol



11-L'enfant étire la jambe



12-Calmer le Qi

