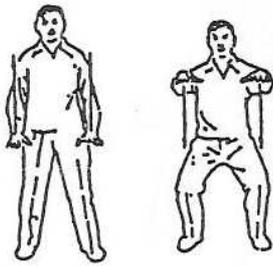


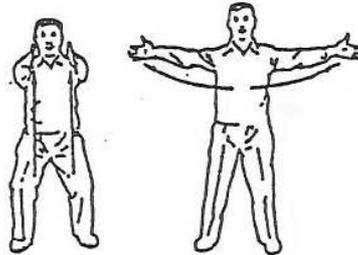
气

Tai Chi Qigong

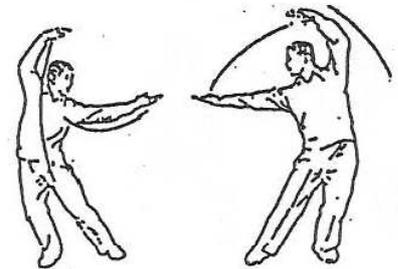
-18 Übungen -



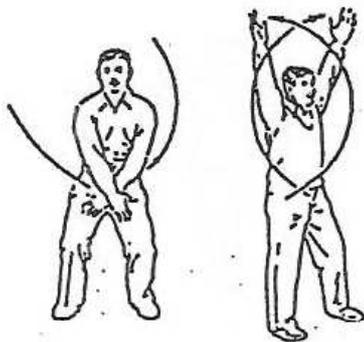
1. Das Chi wecken



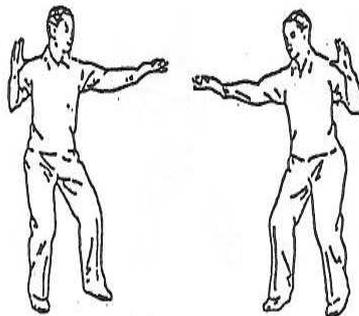
2. Die Brust öffnen



3. Den Regenbogen hin- und her schwenken.



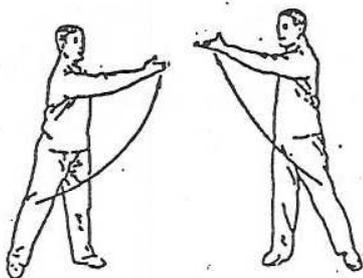
4. Die Wolken teilen und Energie wirbeln



5. Die Affen verjagen.



6. Mitten über den See rudern.



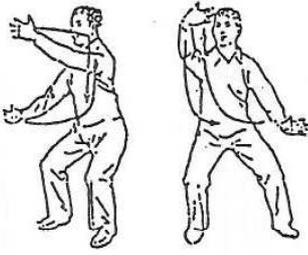
7. Das Chi seitlich vor die Schulter heben



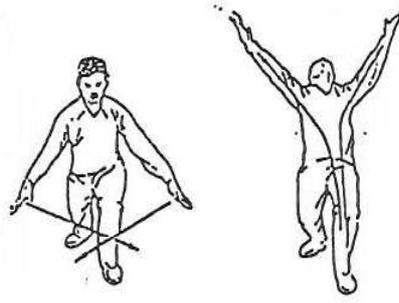
8. Sich zurückdrehen und zum Mond hinaufschauen.



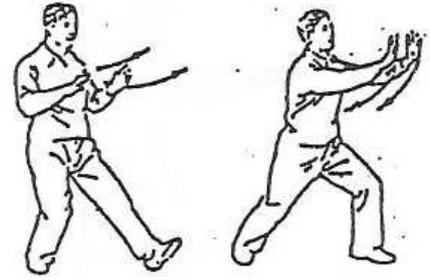
9. Das Chi seitwärts schieben



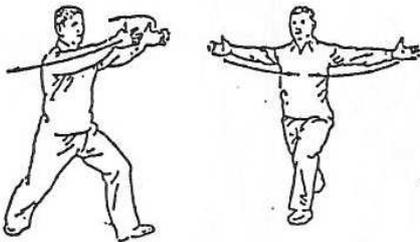
10. Die Wolkenhände



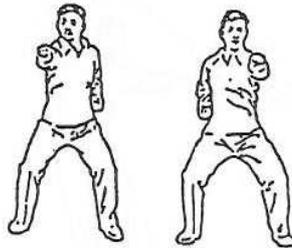
11. Der Tiger fischt den Mond aus dem Wasser.



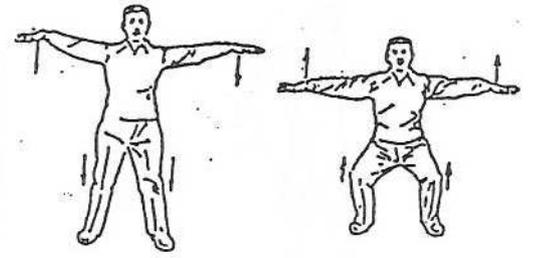
12. Wellenreiten



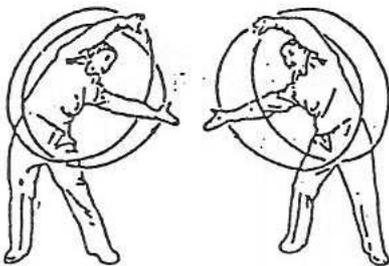
13. Die Taube entfaltet ihre Flügel.



14. Mit der Faust vorwärts stossen.



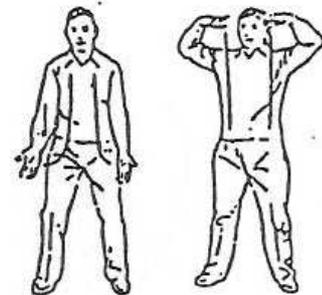
15. Die Wildgans segelt.



16. Das große Rad drehen.



17. Den Chi-Ball prellen.



18. Das Chi regulieren.

