

Qigong Harmony in 18 Figures

(Taiji Qigong in 18 Figures)

1. Awakening the Qi (Chi)
2. Opening and Expanding the Chest
3. Moving a Rainbow
4. Pushing the Clouds Apart
5. Rolling the Arms
6. Rowing on a Calm Lake
7. Lifting the Sun with a Hand
8. Turn the Head and Look at the Moon
9. Turn the Upper Body, Push the Palms of the Hand
10. Hands of the Clouds in Riding Position
11. Grab the Bottom of the Sea, Look to the Sky (Left and Right)
12. Move the Waves (Left and Right; 12 times)
13. The Flying Dove Spreads its Wings (Left and Right)
14. Push the Fist and Stretch the Arm
15. Fly like an Eagle (or a Wild Goose)
16. Revolve like a Windmill (three times in each direction)
17. Play with a Ball like a Child
18. Quieting the Qi (Chi)