

太松氣功十八式

tai j i qi gong shi ba shi

18 movimientos tai ji qi gong (tai chi / chi kung)



De Armen Ophelven



De Borstkas Openen



Een Regenboog Schilderen



De Wolken Scheiden



De Armen Draaien in
een Paardrijhouding



Met een Boot op een
Meer Roeien



Een Bal Vasthouden voor
een Schouder



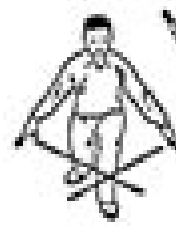
Staren naar de Maan



Het Middel Draaien en
met de Palm Duwen



Wolkenhands in Paardrijhouding



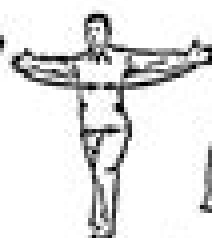
De Zee Scheppen en naar
de Horizon Kijken



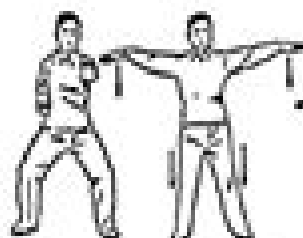
Tegen de Golven Duwen



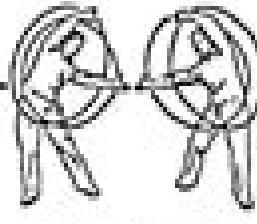
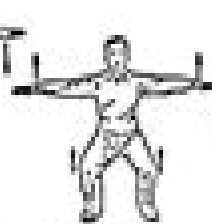
De Vliegende Duif
Spreidt zijn Vleugels



Staan in een Paardrijhouding



De Vliegende Wilde Gans



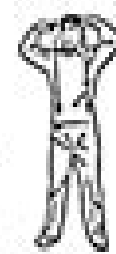
Het Draaiende Vliegwiel



Stappen en een
Bal Stuiteren



De Chi dichtbij Baleren



18 Exercises Chi Kung

JS Bruner



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