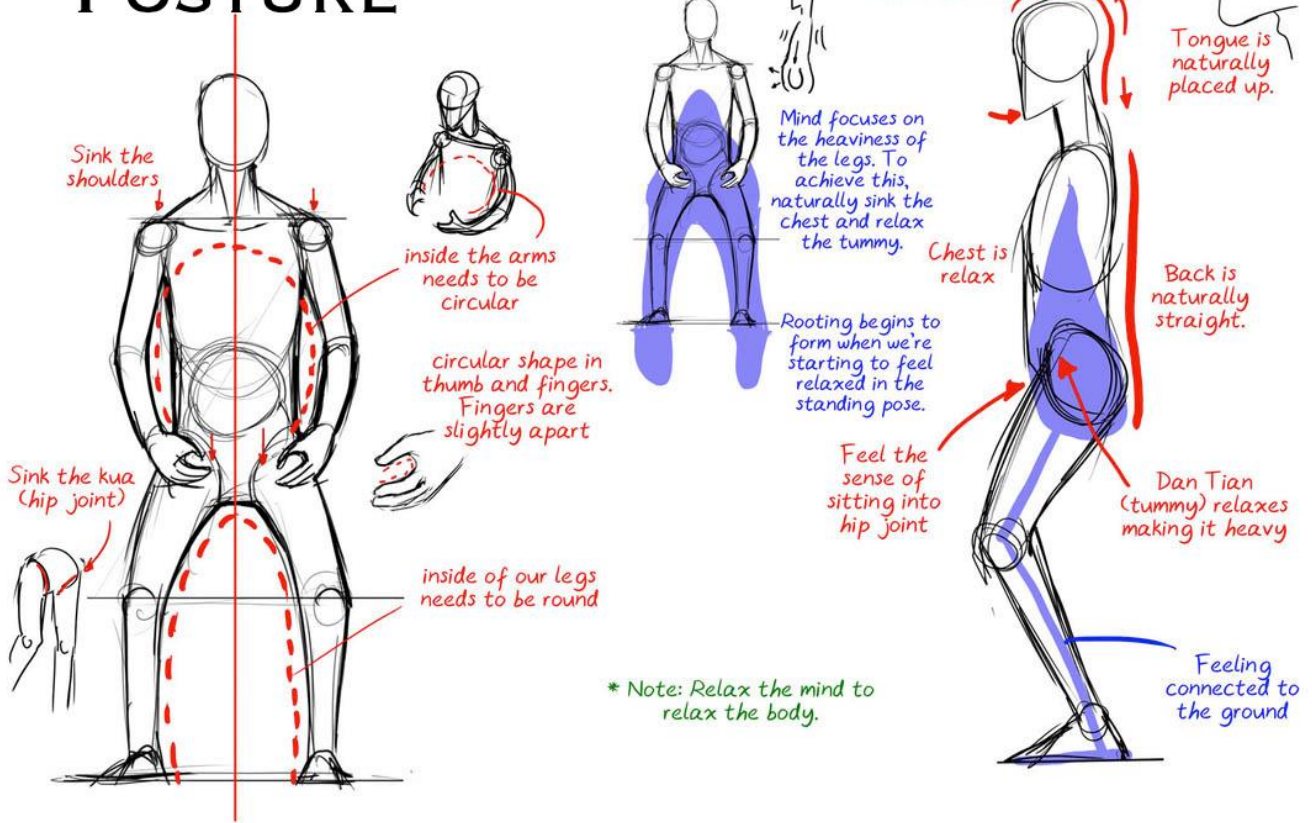
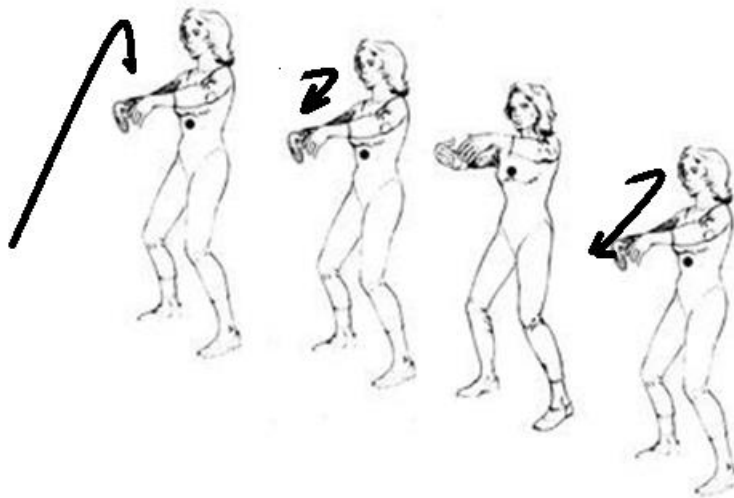


TAI CHI STANDING POSTURE



1-Standing Neutral Posture with 4-6-8 Breath



2 Row the Boat

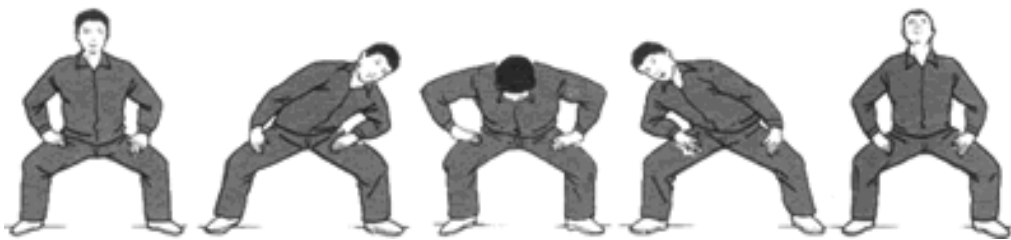
Chi Kung Set: 8 part-Three Treasures



3 Takes a Seat

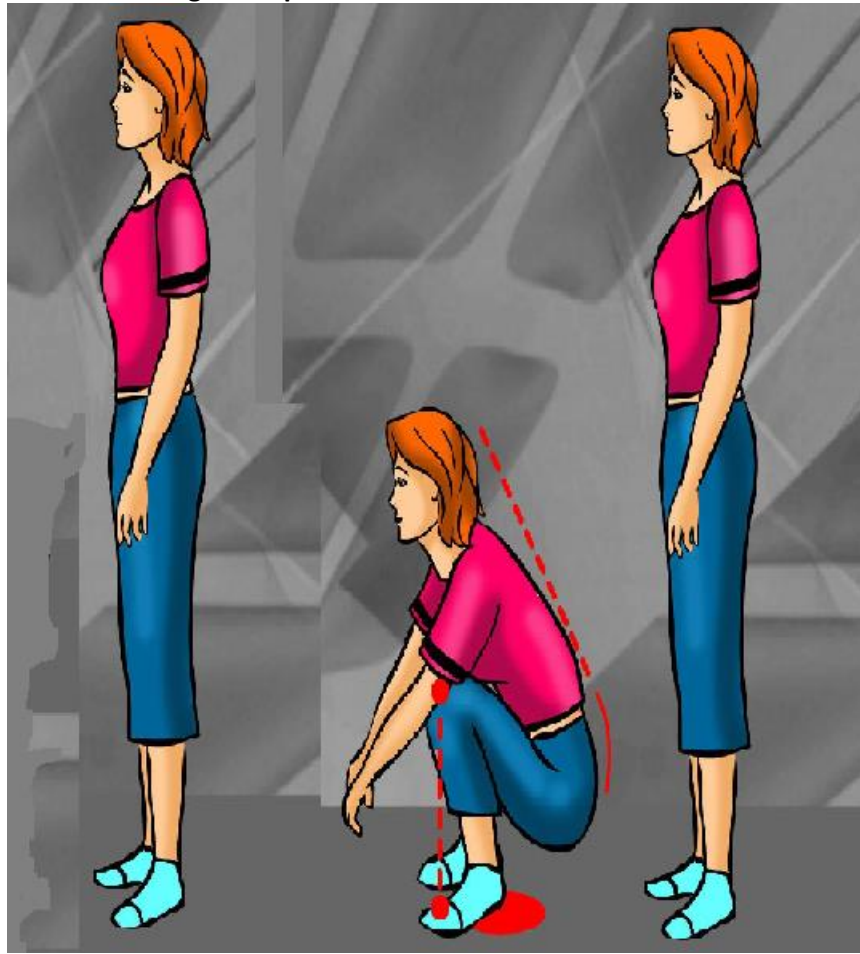


4 Prayer for others

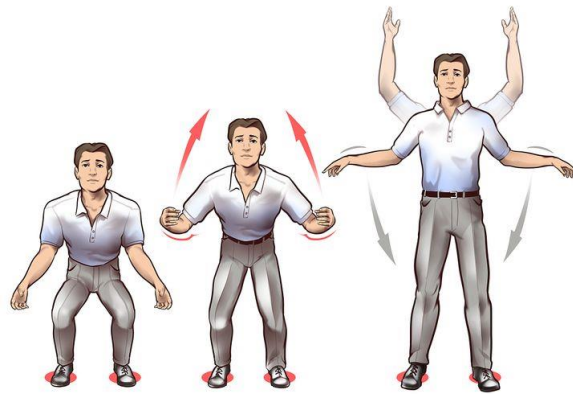


5 Look not for what you have lost, but that which remains dear. (Low Horse Stance)

Chi Kung Set: 8 part-Three Treasures

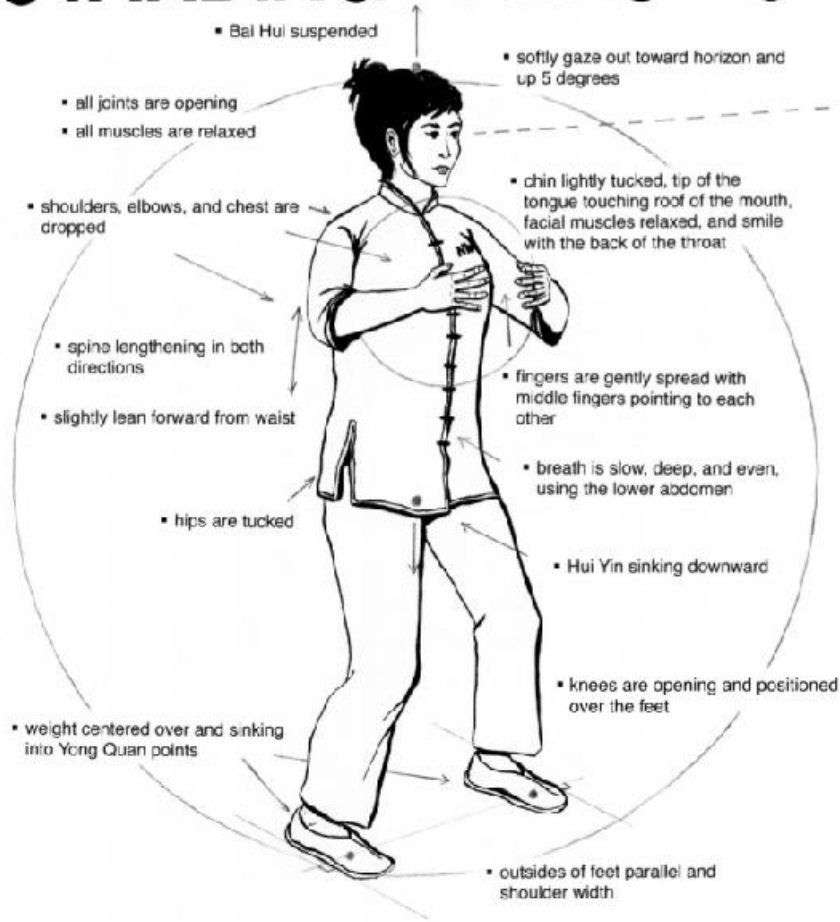


6 Chinese Squats X6



7- Crow in Flight X3

STANDING PRACTICE



8 Hug the Tree