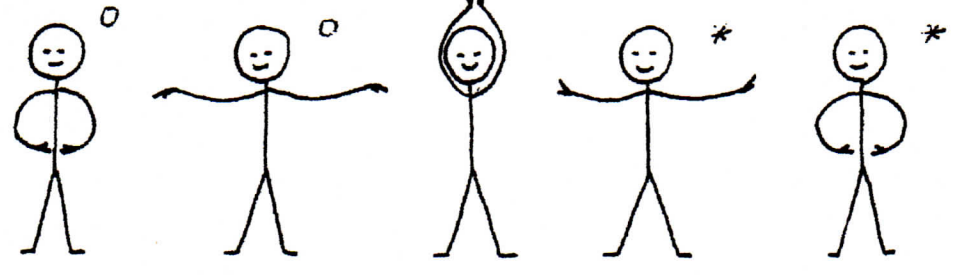


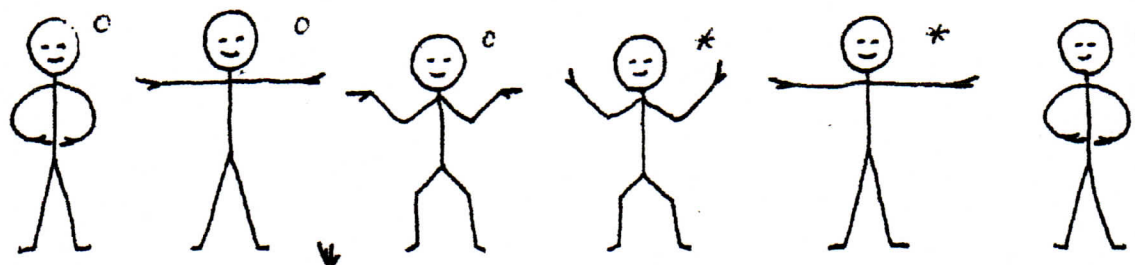
# MEDICAL QIGONG

YIN-YANG

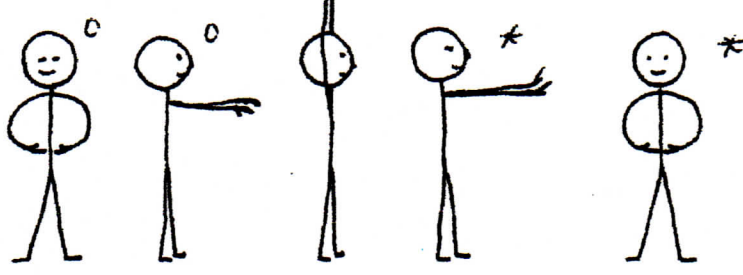
1 Big Roc Stretches Wings



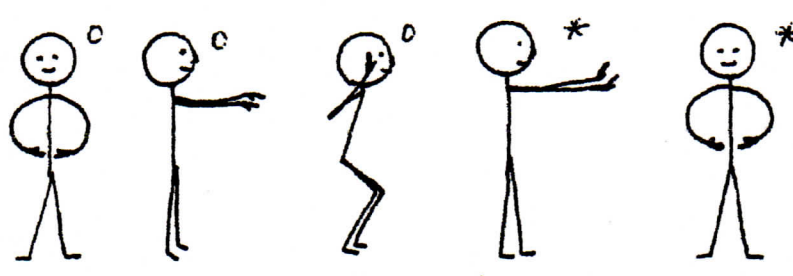
2 Water Lily Rising from the Pond



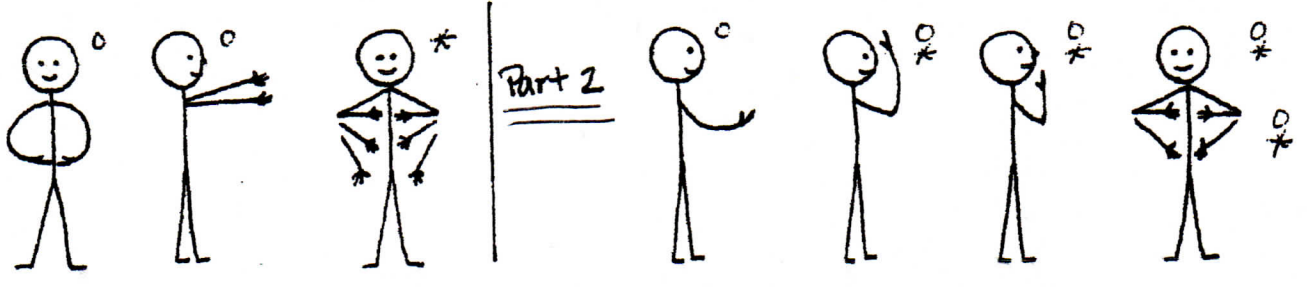
3 Goldfish Wags Tail



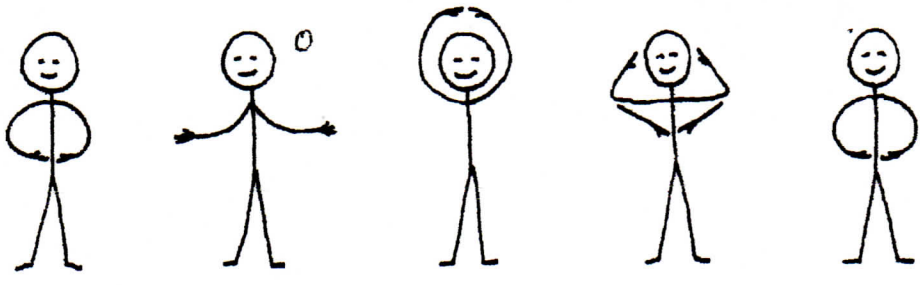
4 Make Waves & Ripples in the Water



5 Lion Twirls Ball - Part 1



6 Peacock Fans Tail Part 1



○ INHALE  
\* EXHALE

Peacock Fans Tail Part 2

