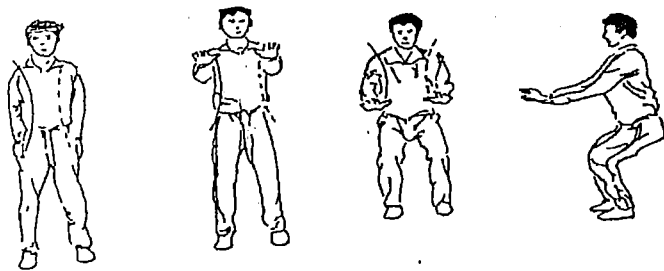


DAO YIN YANG SHEN GONG

Qi Gong général pour la santé

de Maître ZHANG - GUANG - DE

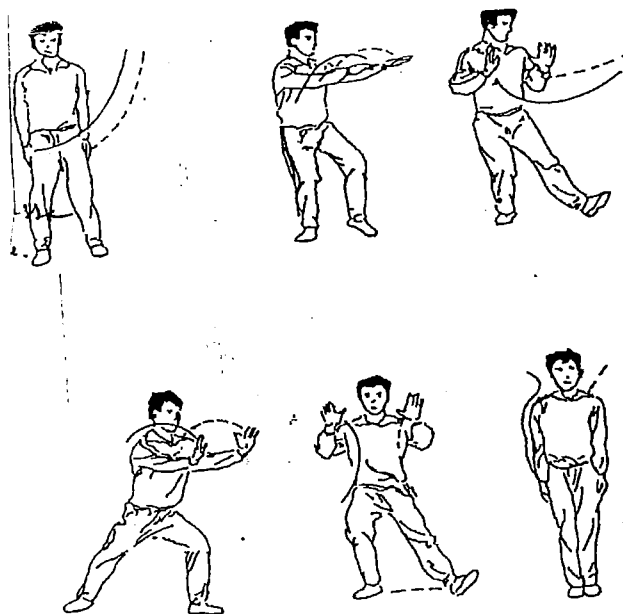
1 Régulariser la respiration



Concentration

Dan Tian

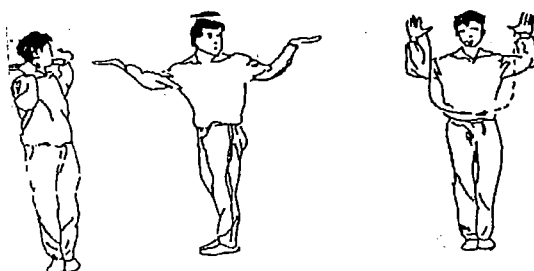
2 Pousser le bateau selon le courant



Concentration

Laogong

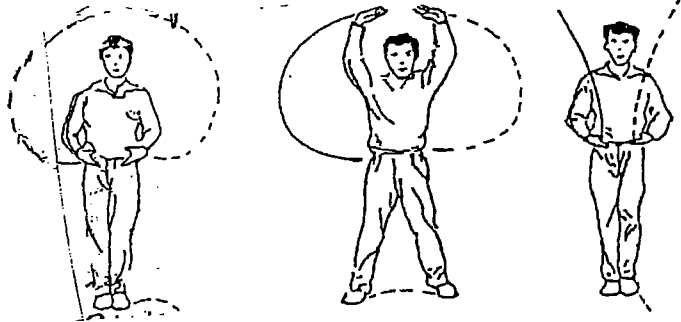
3 Les épaules prennent le soleil et la lune



Concentration

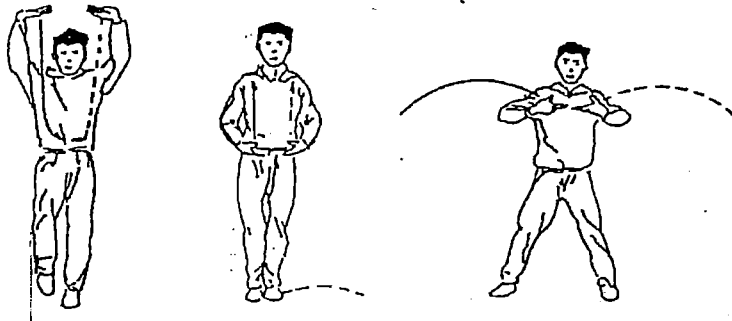
Ming Men

4 Le grand oiseau déploie ses ailes

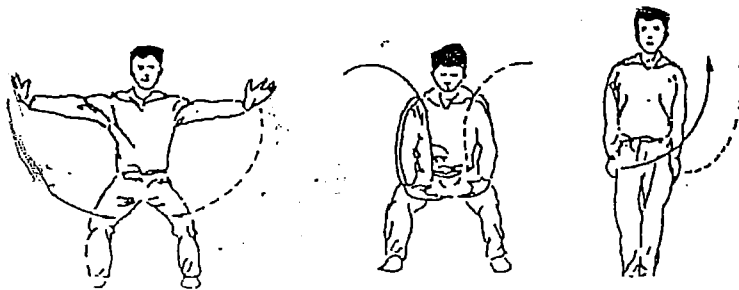


Concentration

Dan Tian



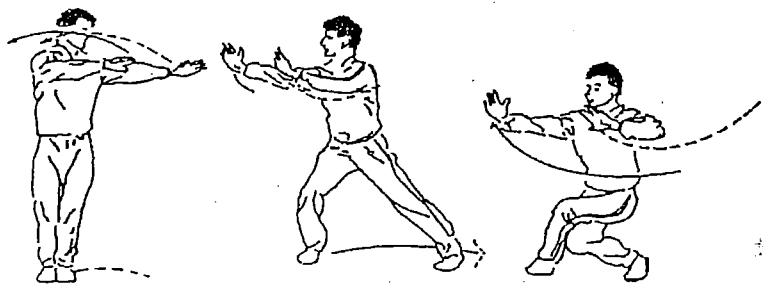
5 Soulever avec force la grosse pierre



Concentration

Dan Tian

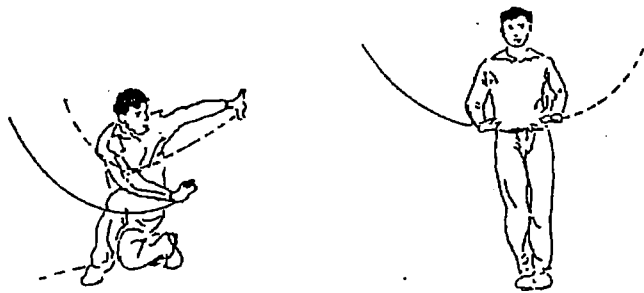
6 Pousser la fenêtre pour regarder la lune



Concentration

Laogong

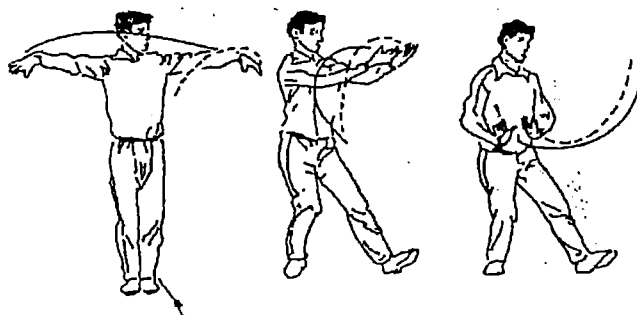
6 Pousser la fenêtre pour regarder la lune (suite)



Concentration

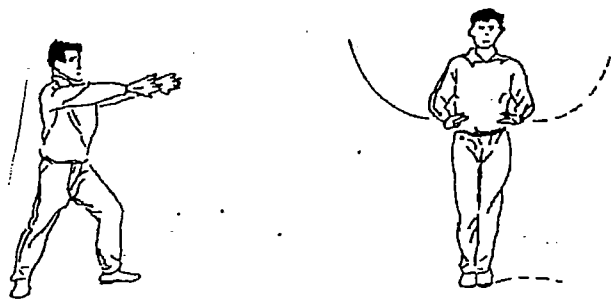
Laogong

7 Chasser la poussière suivant le vent



Concentration

Laogong



8 Le vieux sage lisse sa barbe



Concentration

Dan Tian