

## *Shibashi ~ 18 Movements Of Taiji / Qigong*

Waving Hands	<i>gently mix breathing &amp; moving</i>
Opening & Closing the Chest	<i>whole body breathing</i>
Swinging the Rainbow	<i>whole body moving</i>
Parting the Clouds	<i>float like a feather</i>
Reeling Silk	<i>flow like water</i>
Rowing Across the Lake	<i>no strain</i>
Raising the Sun	
Gazing at the Moon	
Turning the Waist & Pressing the Palms	
Waving Cloud Hands	
Scooping the Sea, Opening to the Sky	
Rolling with the Waves	
Dove Spreading Wings	
Dragon Emerging from the Sea	
Flying Crane	
Turning the Wheel	
Stepping & Bouncing the Ball	
Gathering Energy, Returning to Center	

