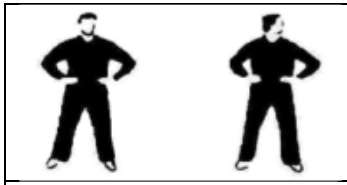
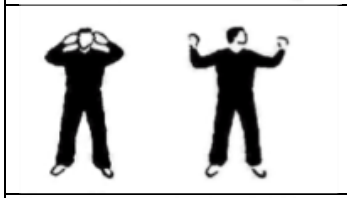
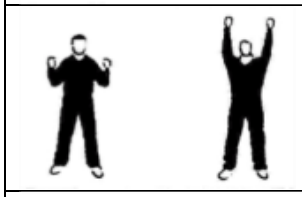
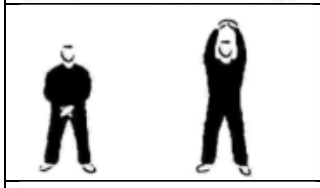
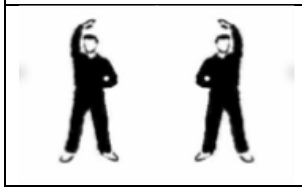
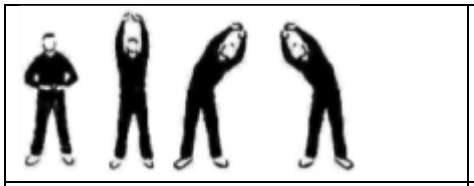
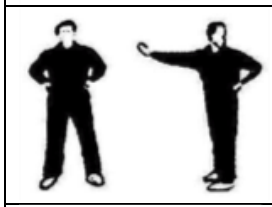
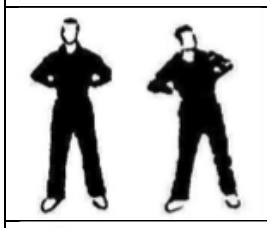
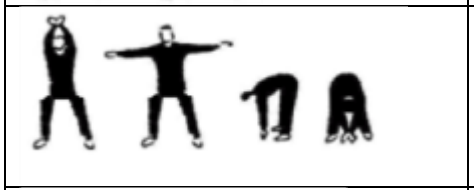
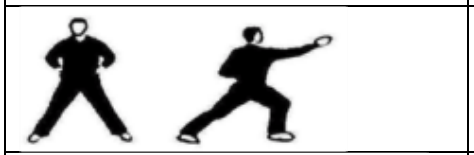
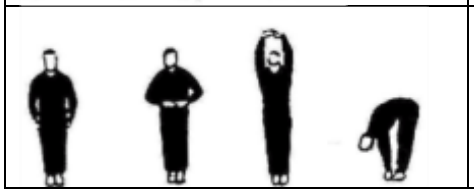
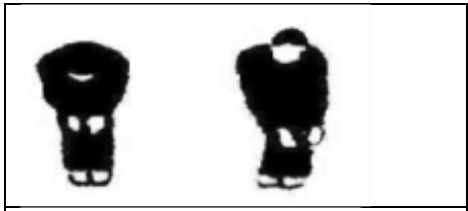
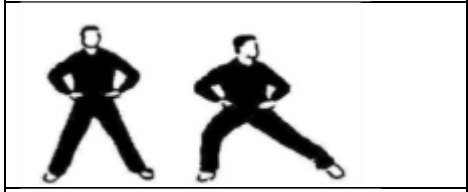
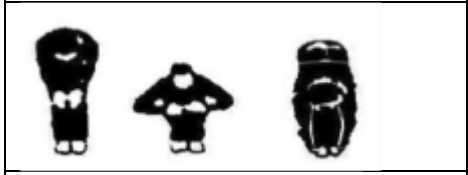
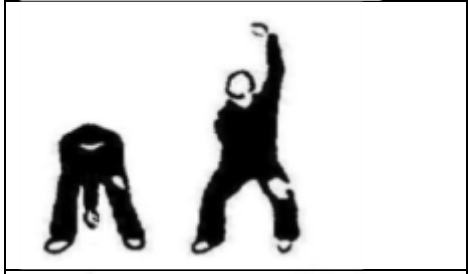
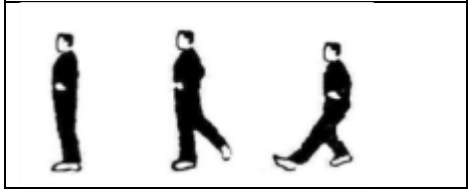
Esercizi Taoisti per la salute

	Es. 1 – Ruotare il capo a sinistra; a destra; in alto; in basso
	Es. 2 – Rinforzare le spalle guardando a destra e sinistra, nei cerchi formati dalle dita
	Es. 3 – Estendere le mani verso il cielo
	Es. 4 – Espandere il torace; polsi uniti poi grande apertura delle braccia
	Es. 5 – Aprire le ali e volare
	Es. 6 – Spingere il cielo con la mano

	Es. 7 – Sollevare i palmi al cielo, peso da un lato, flessione laterale dall'altro
	Es. 8 – Rotazione busto e spinta con la mano
	Es. 9 – Rotazioni del bacino
	Es. 10 – polsi incrociati, poi braccia aperte, flessione avanti, braccia giù
	Es. 11 – Infilare lateralmente con la mano aperta
	Es. 12 – Arrampicarsi con le mani verso i piedi

	Es. 13 – Rotazioni ginocchia alternate a estensione
	Es. 14 – Passo scivolato ruotando il busto, piccoli allungamenti spingendo il bacino giù
	Es. 15 – Accucciarsi, stendere gambe, poi di nuovo giù, srotolare schiena
	Es. 16 – Mano al ginocchio ed estendersi verso il cielo
	Es. 17 – Equilibrio, portare ginocchio al petto
	Es. 18 – Passo dell’eroe

mani come nuvole

Scuola Tai Chi Chuan

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