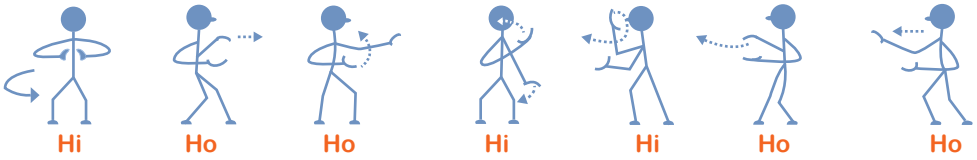
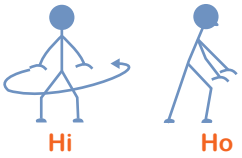
Qi Gong : les 11 exercices de santé

1



2 Rail

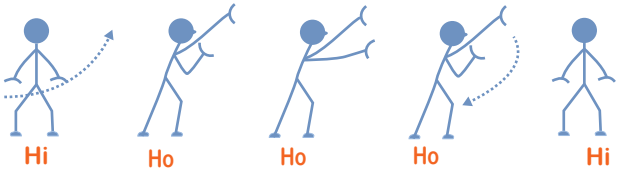


et de l'autre côté

3 Marionnette

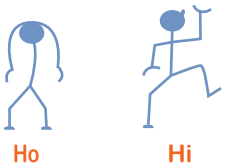
et de l'autre côté

4 Lancer le cordage



et de l'autre côté

5 L'ivrogne

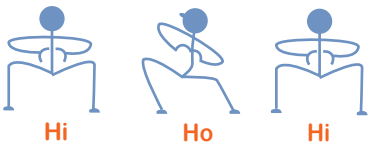


Jouer avec son équilibre puis de l'autre côté

6 Massage

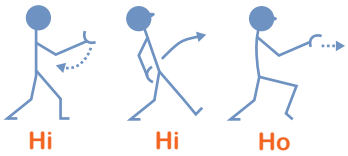
et de l'autre côté

7 Assis sur une chaise



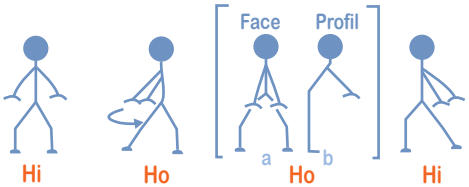
et de l'autre côté

8 La vague



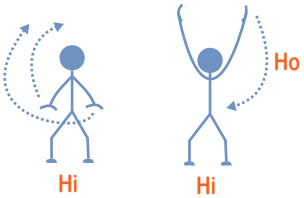
avant / arrière

9 Essuyer la table

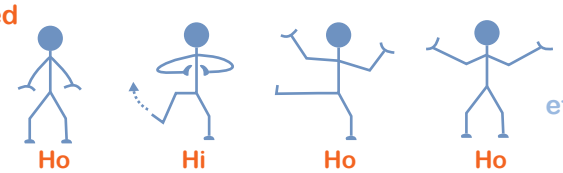


et dans l'autre sens

10 Le radar



11 Le coup de pied



et de l'autre côté

ÉCOLE CORPS VIVANT CORPS CONSCIENT ®