

Tai Chi Qigong Coiling Set

- Stand calmly to regulate the spirit & breath
- White crane relaxes its wings
- Drill forward and pull back
- Left and right Yin and Yang
- Water and fire mutually interact
- Large bear encircles the moon
- Living Buddha holds up the heavens
- Turn heaven and earth in front of your body
- Golden rooster twists its wings
- Turn your head to look at the moon
- Big python turns its body
- Up and down coiling