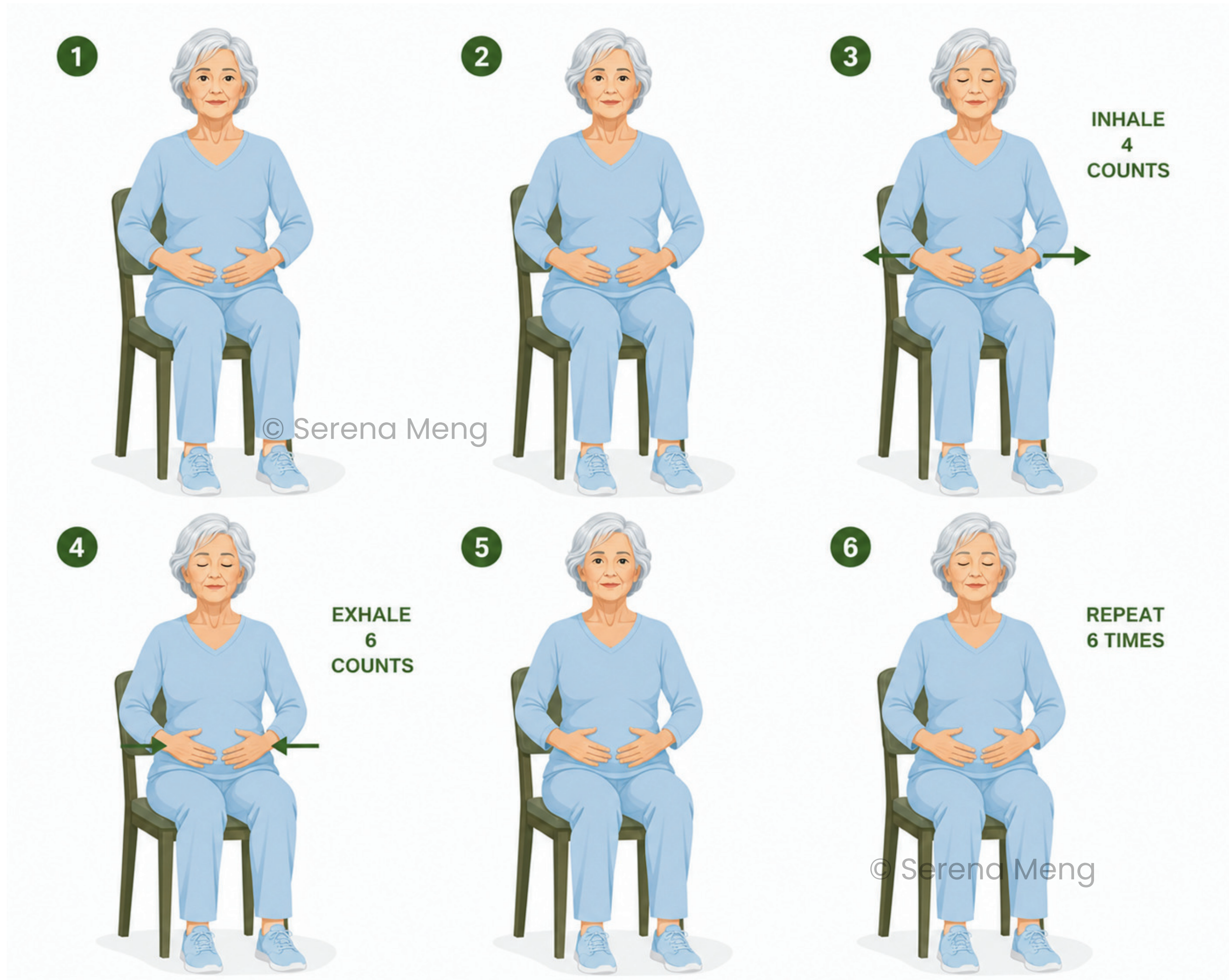
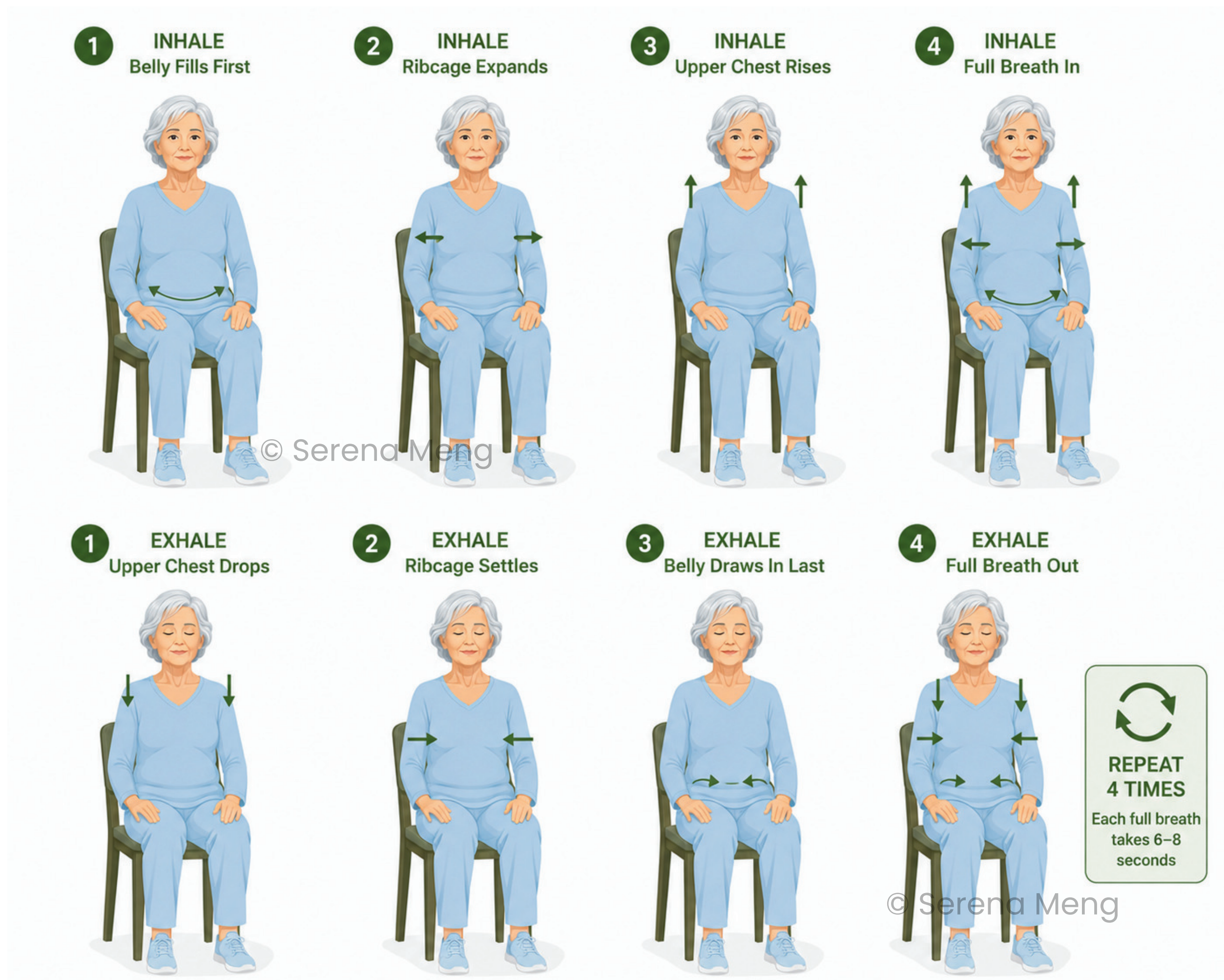


Pose Reference Card



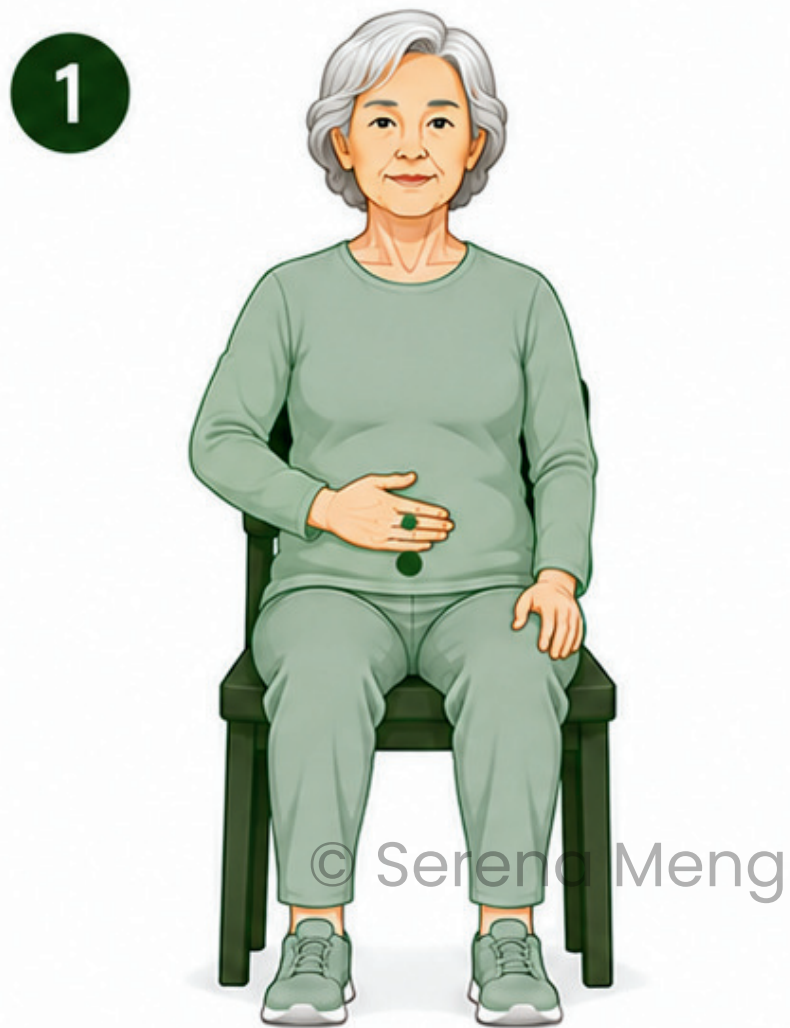
B1 — Belly Breathing

Pose Reference Cards



B2 — Three-Part Morning Breath

Pose Reference Cards



B3 — Dan Tian Breathing

Pose Reference Cards

1

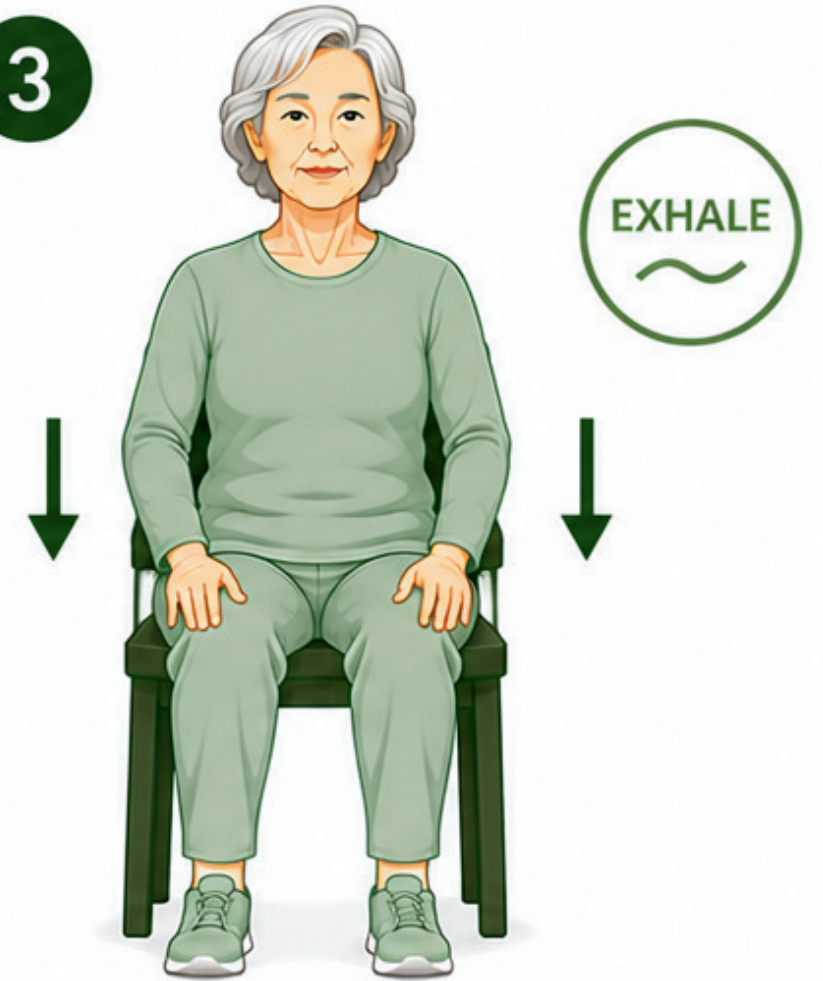


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2



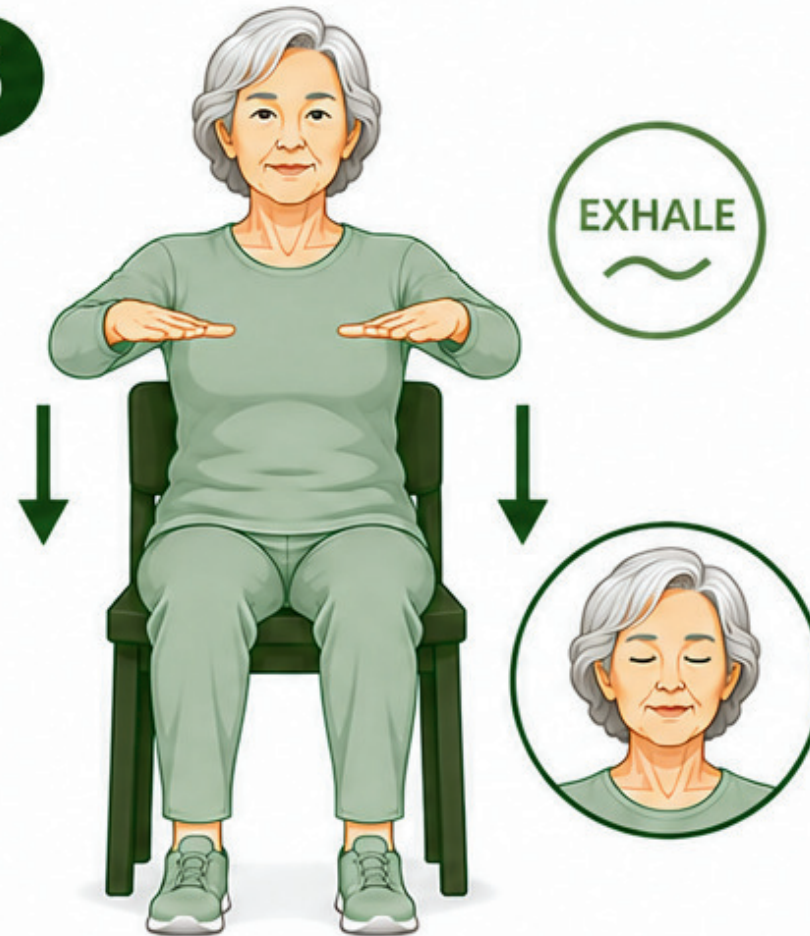
3



4



5



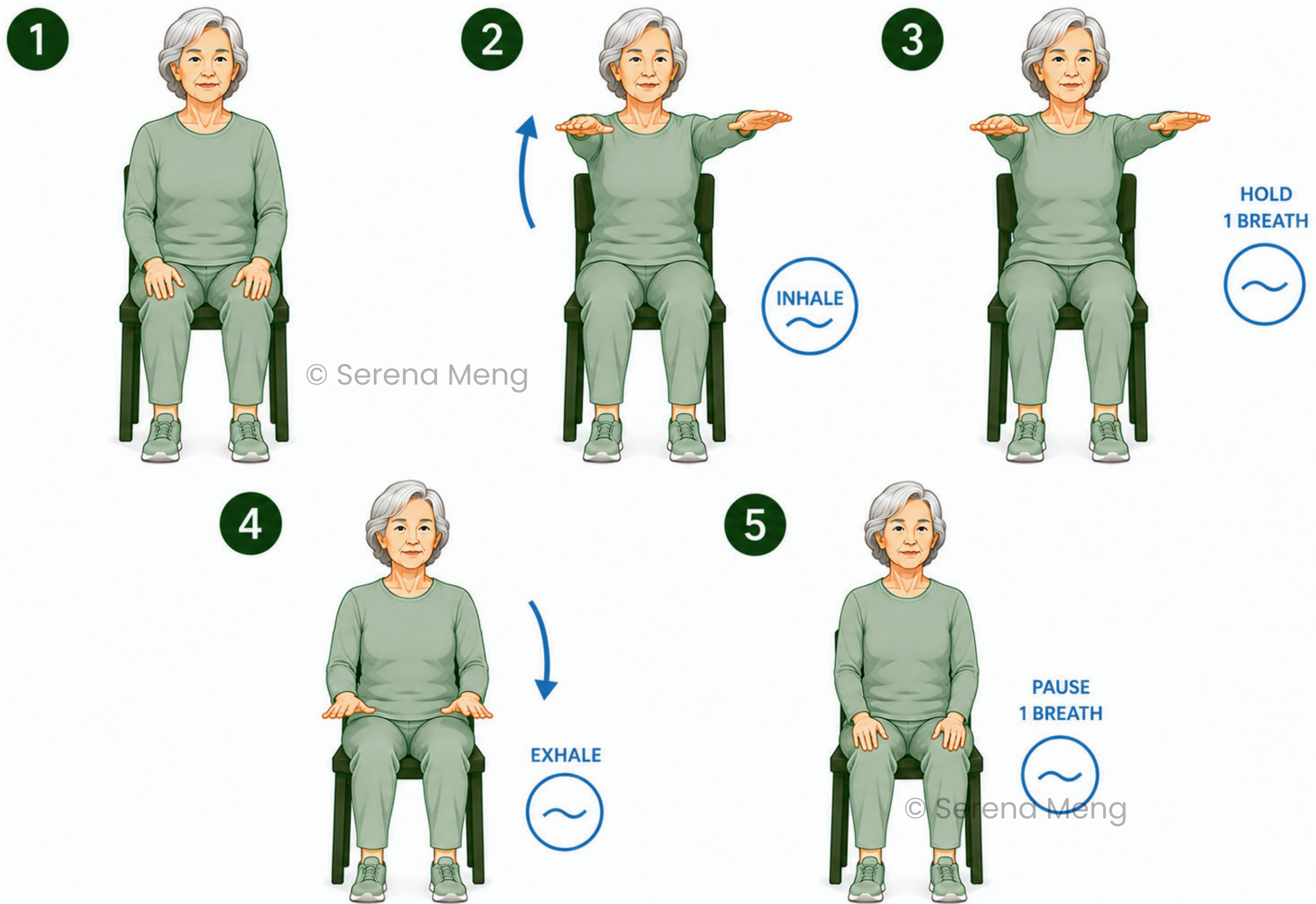
6



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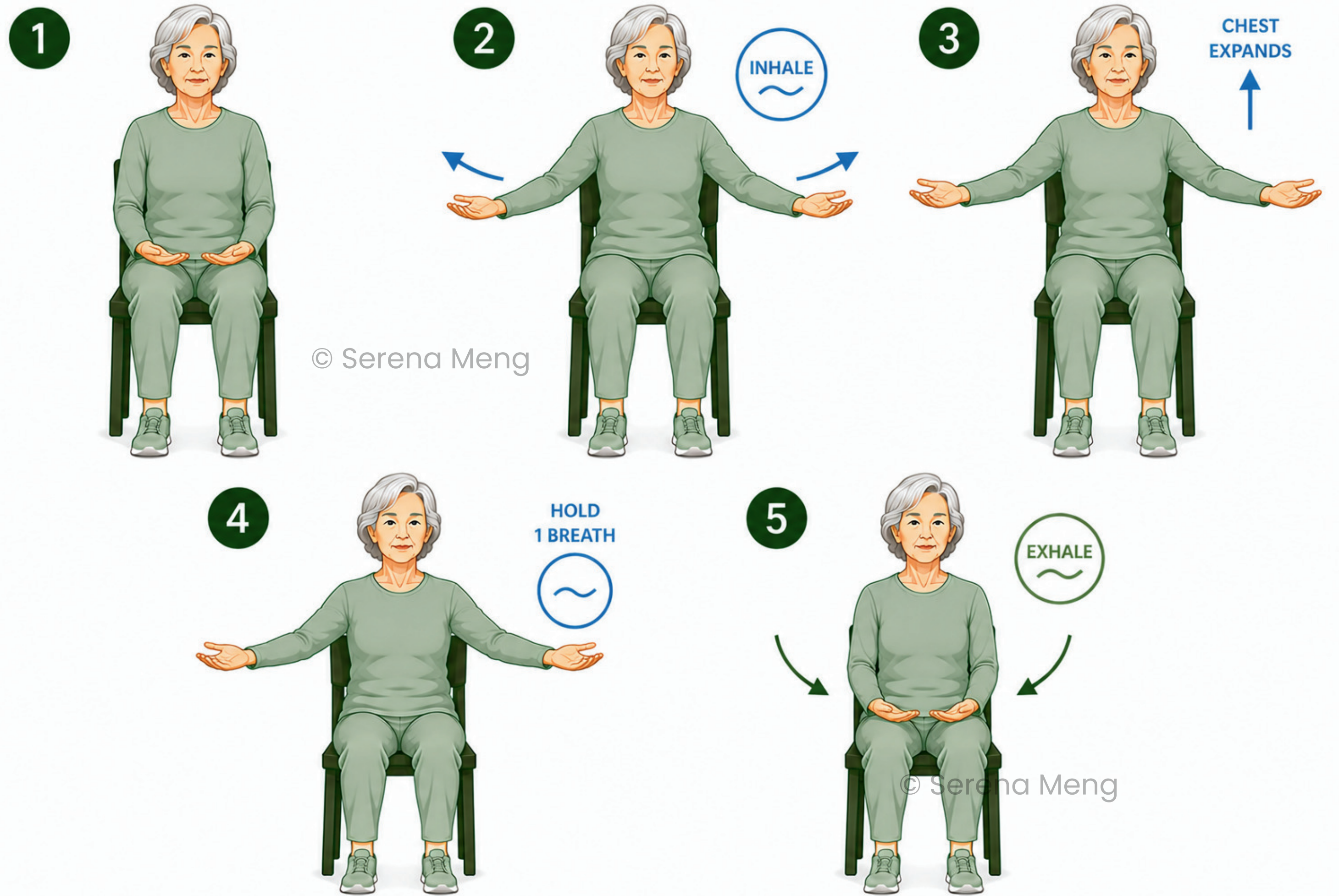
B4 — Closing Breath

Pose Reference Card



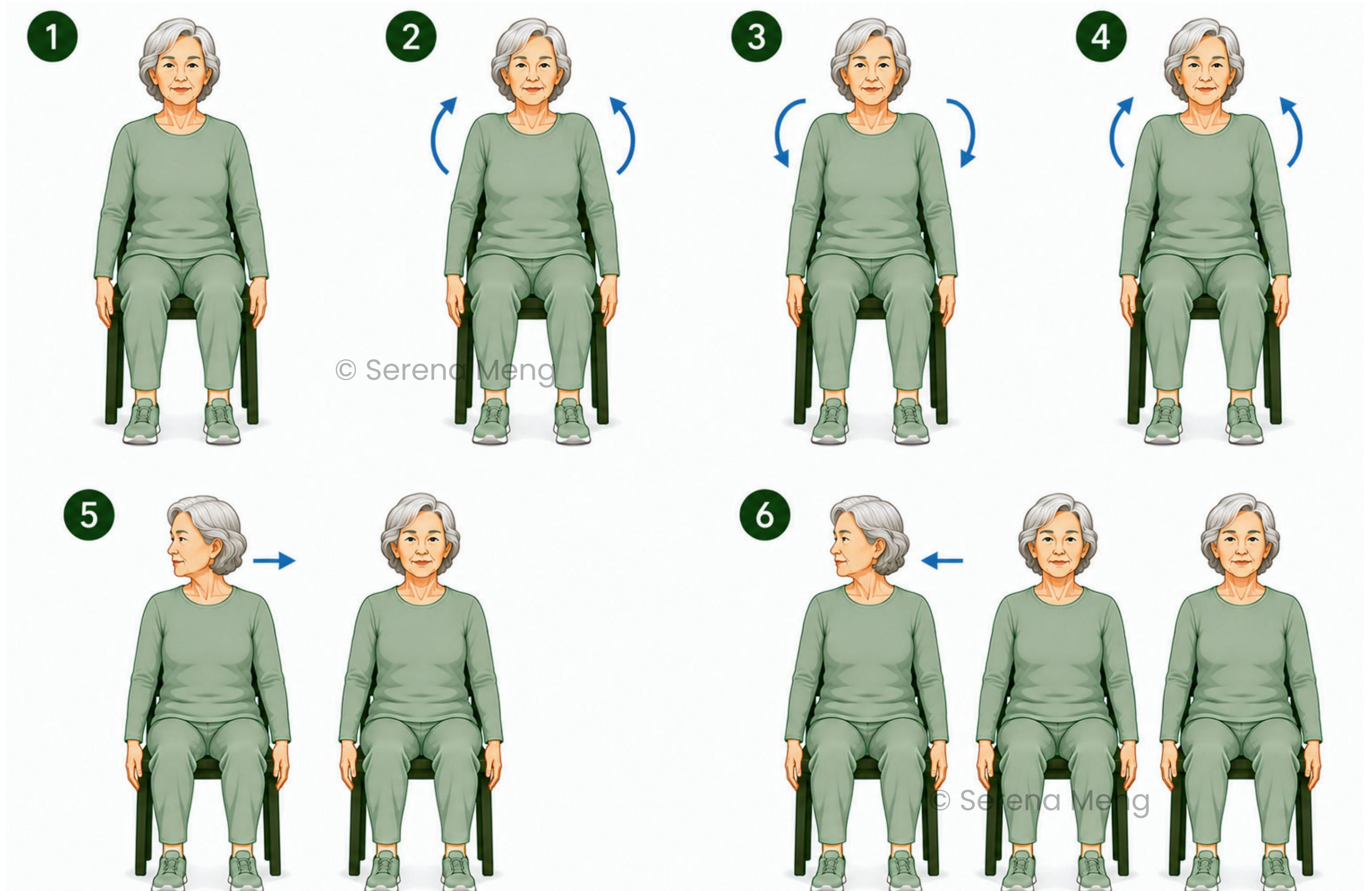
Pose 2 Raising and Lowering the Arms

Pose Reference Card



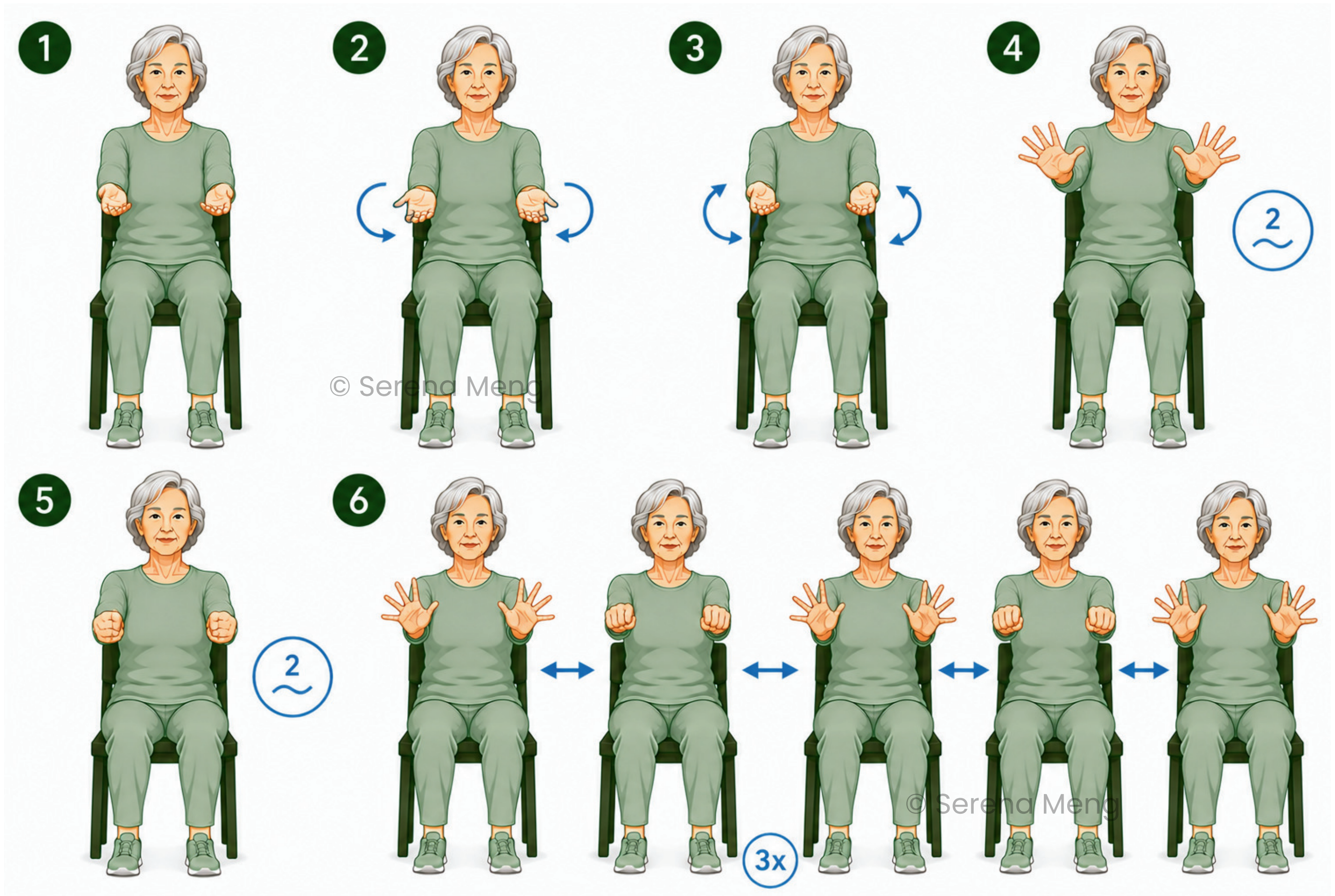
Pose 3 Seated Forward Open

Pose Reference Card



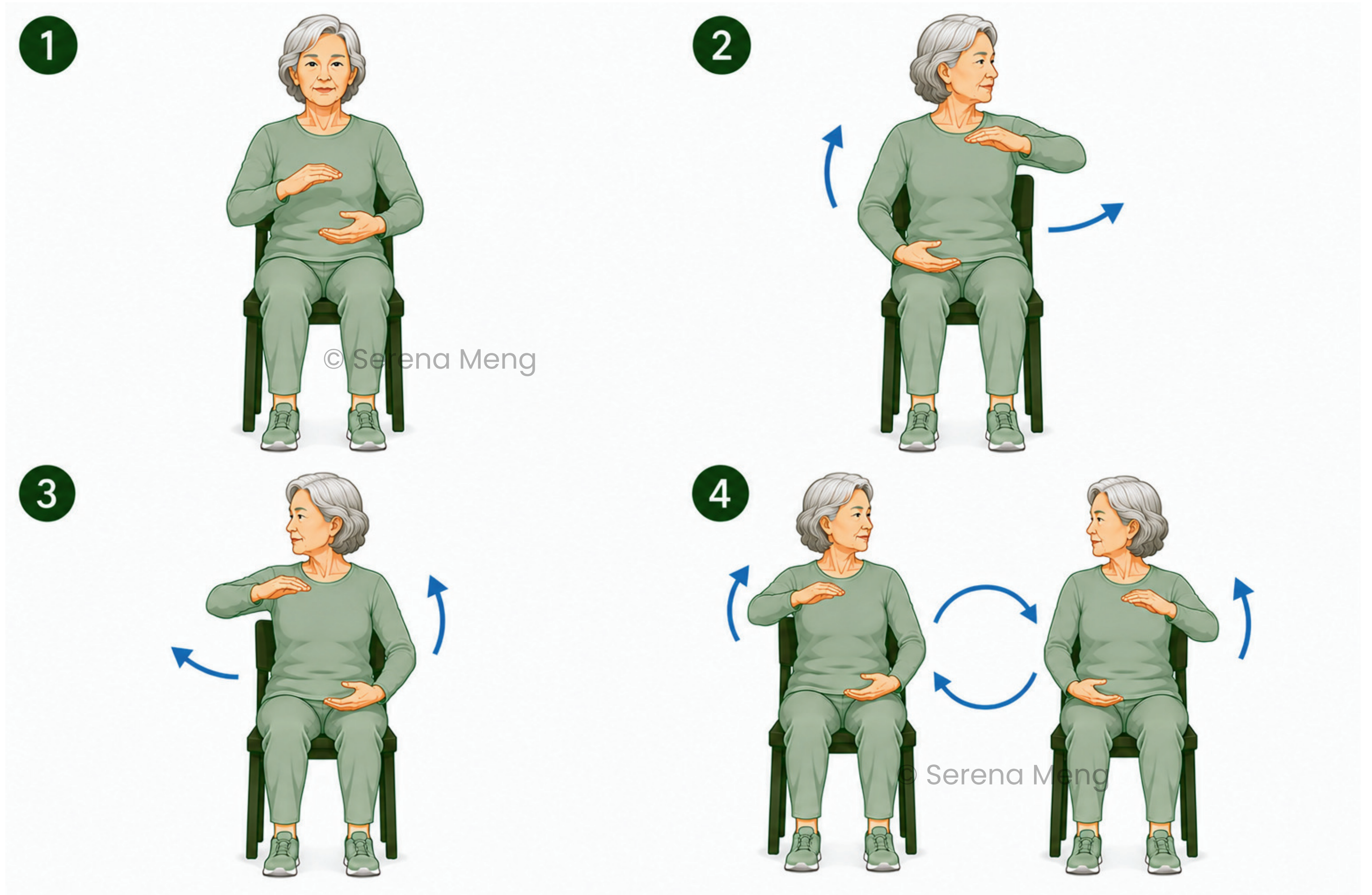
Pose 4 Shoulder Roll and Neck Release

Pose Reference Card



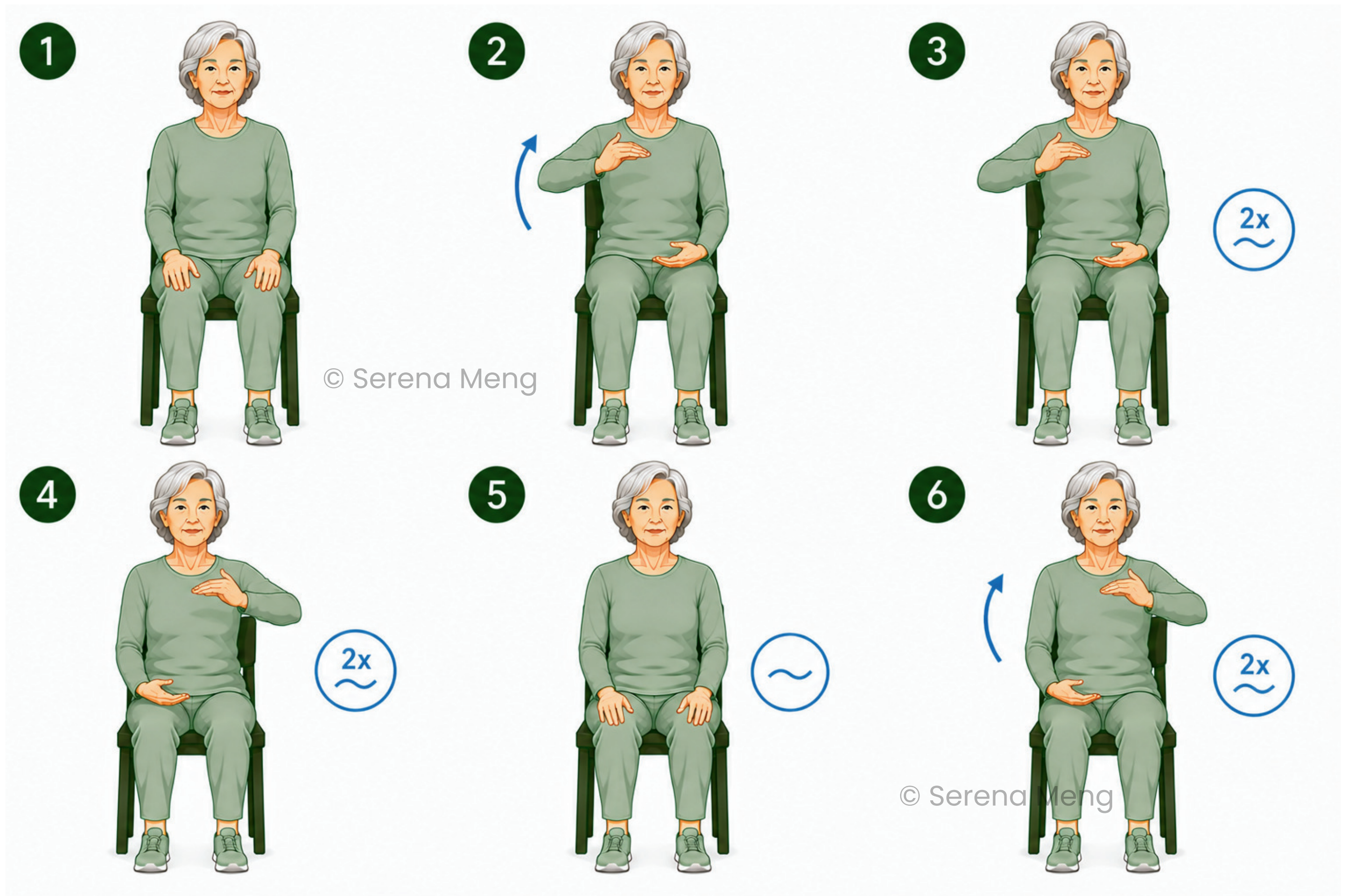
Pose 5 Wrist Circles and Hand Opening

Pose Reference Card



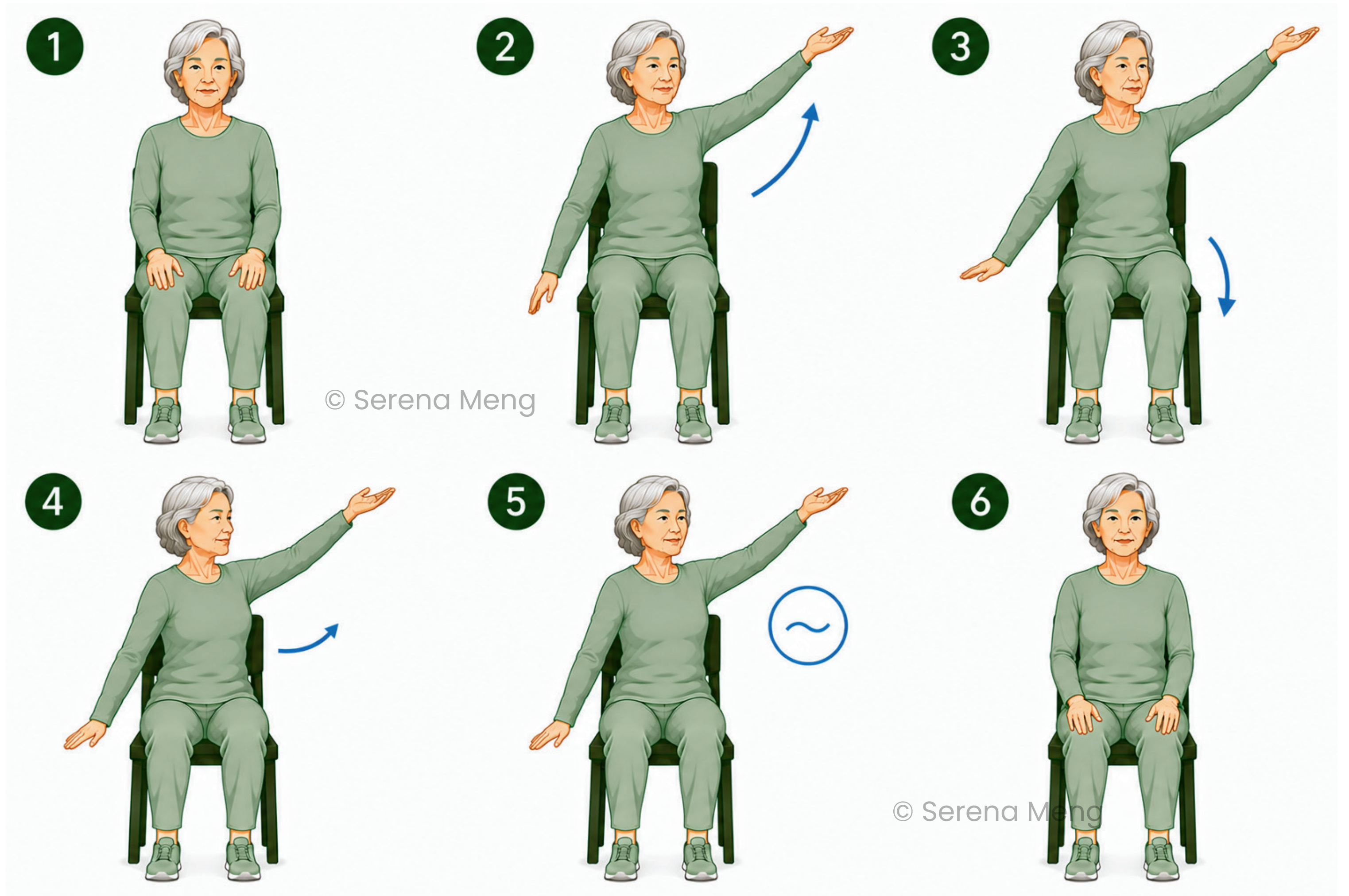
Pose 6 Cloud Hands — Seated

Pose Reference Card



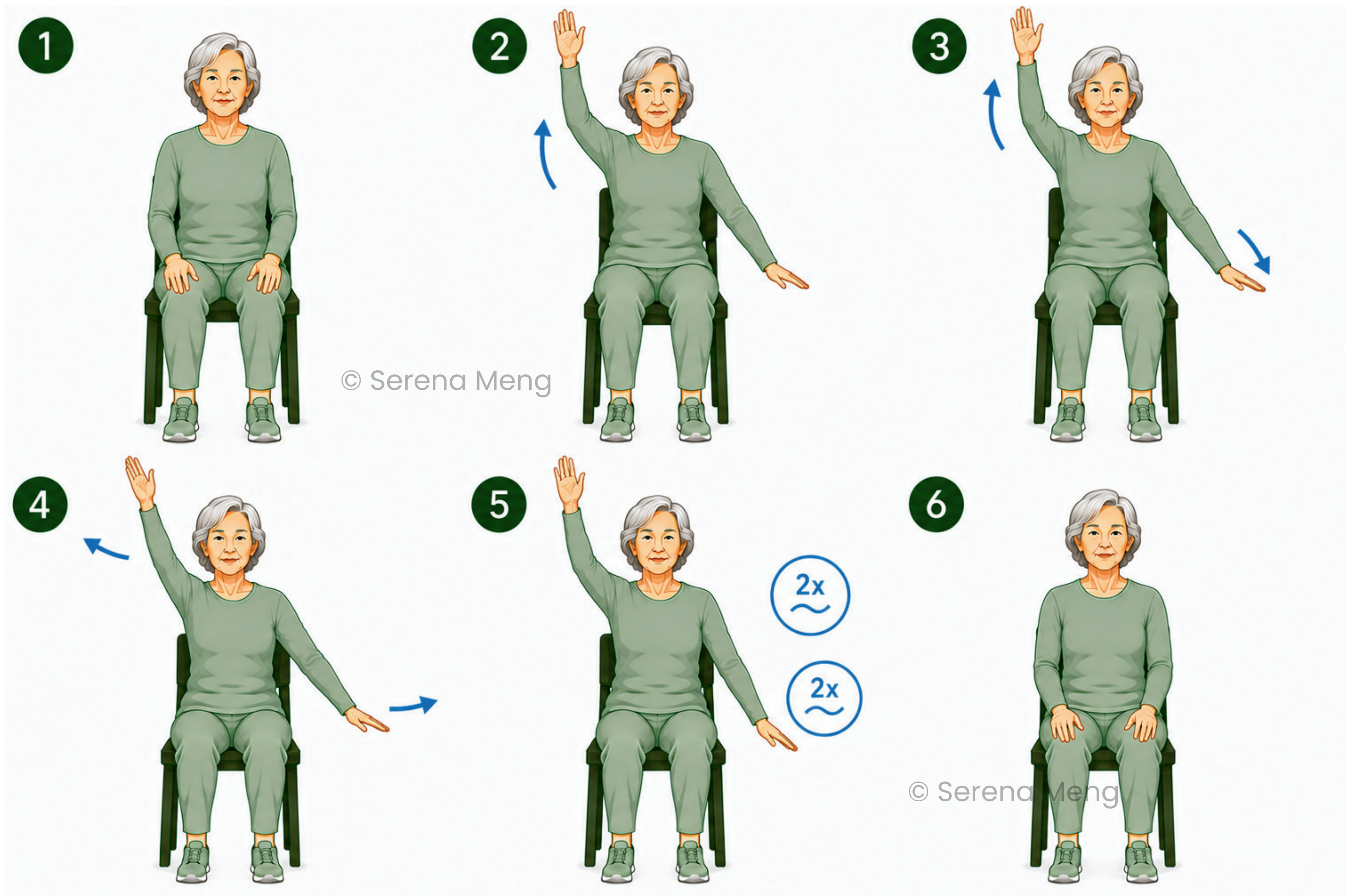
Pose 7 Seated Ward Off

Pose Reference Card



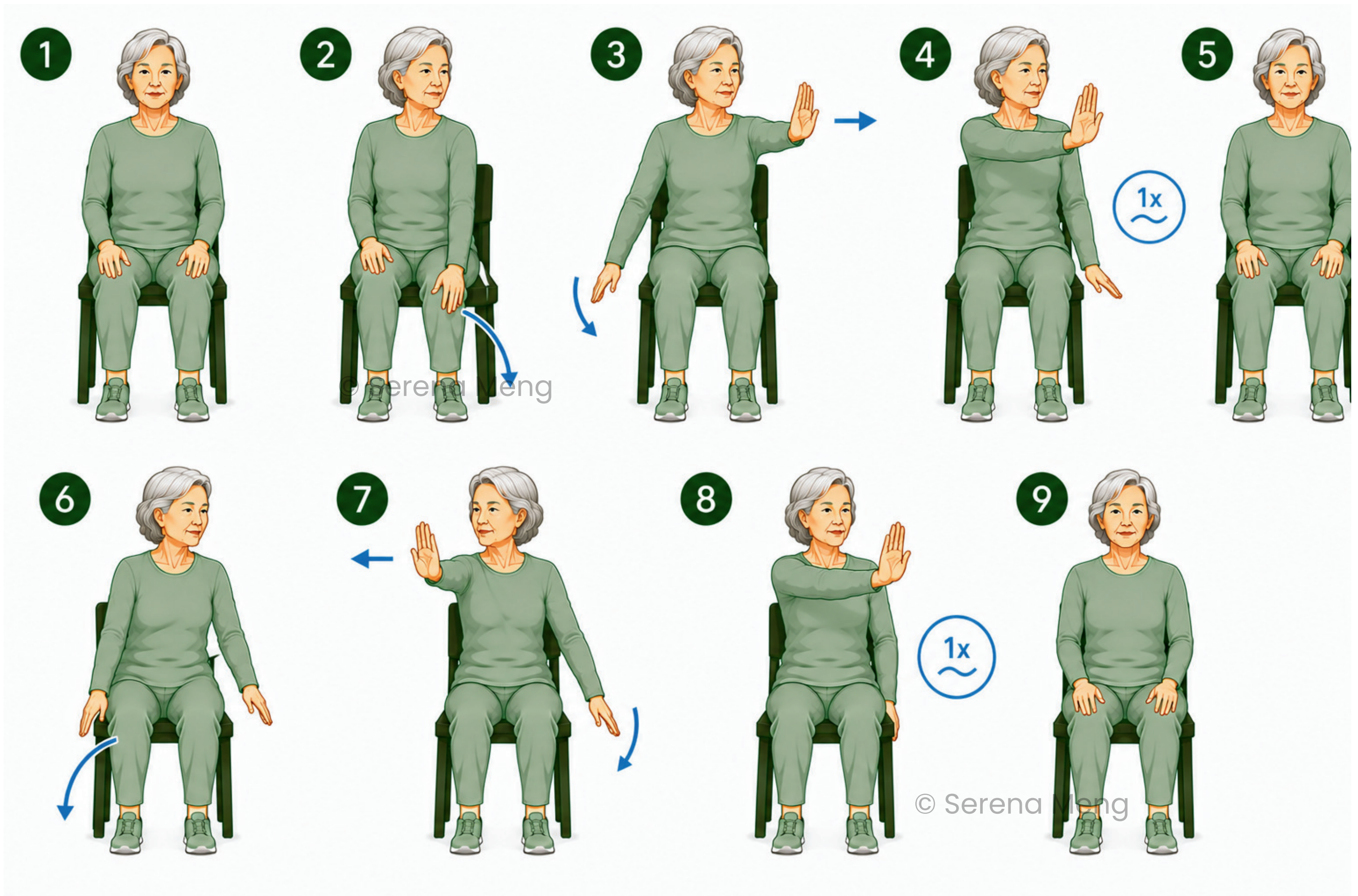
Pose 8: Parting the Wild Horse's Mane

Pose Reference Card



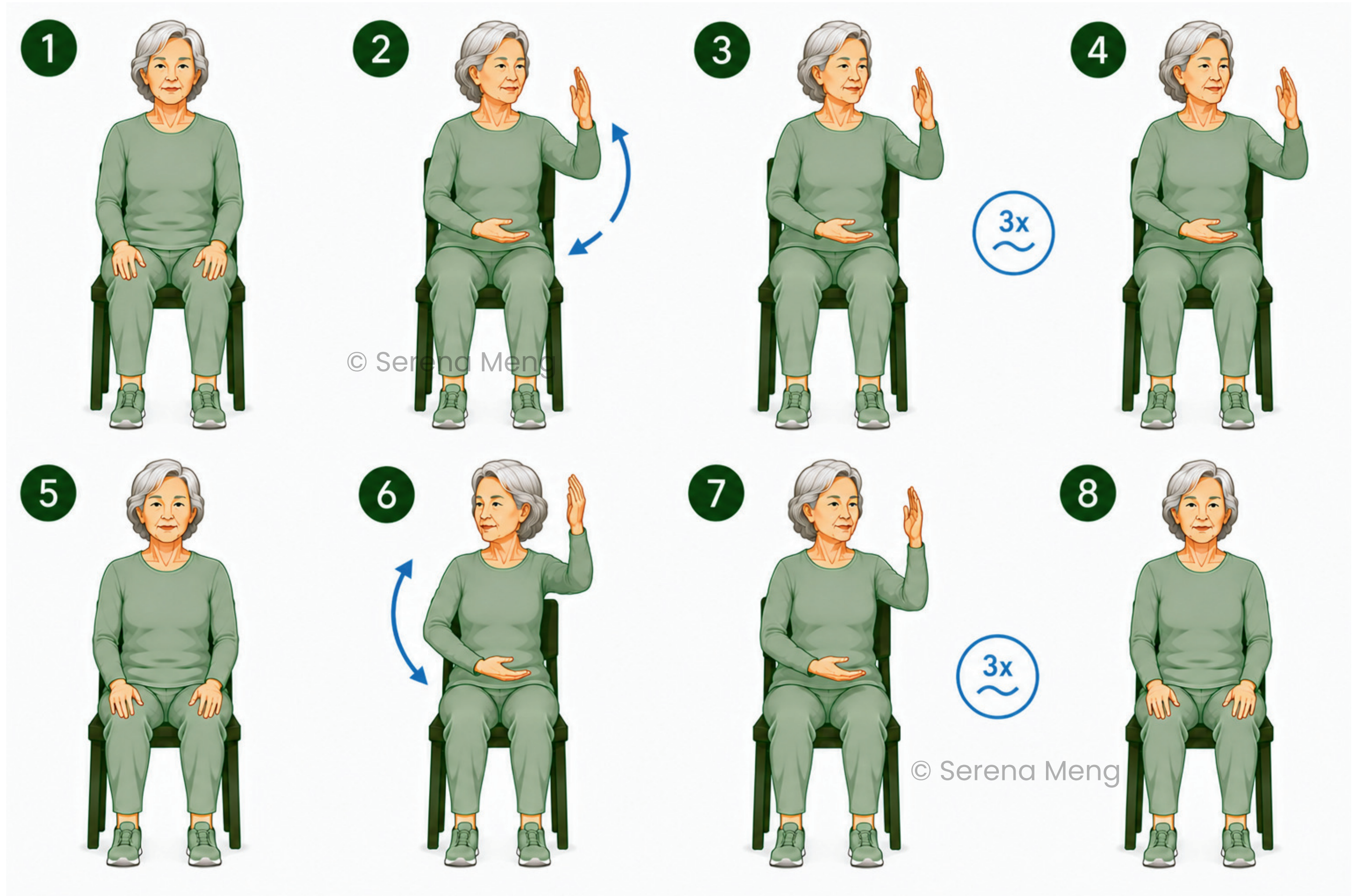
Pose 9 White Crane Spreads Wings

Pose Reference Cards



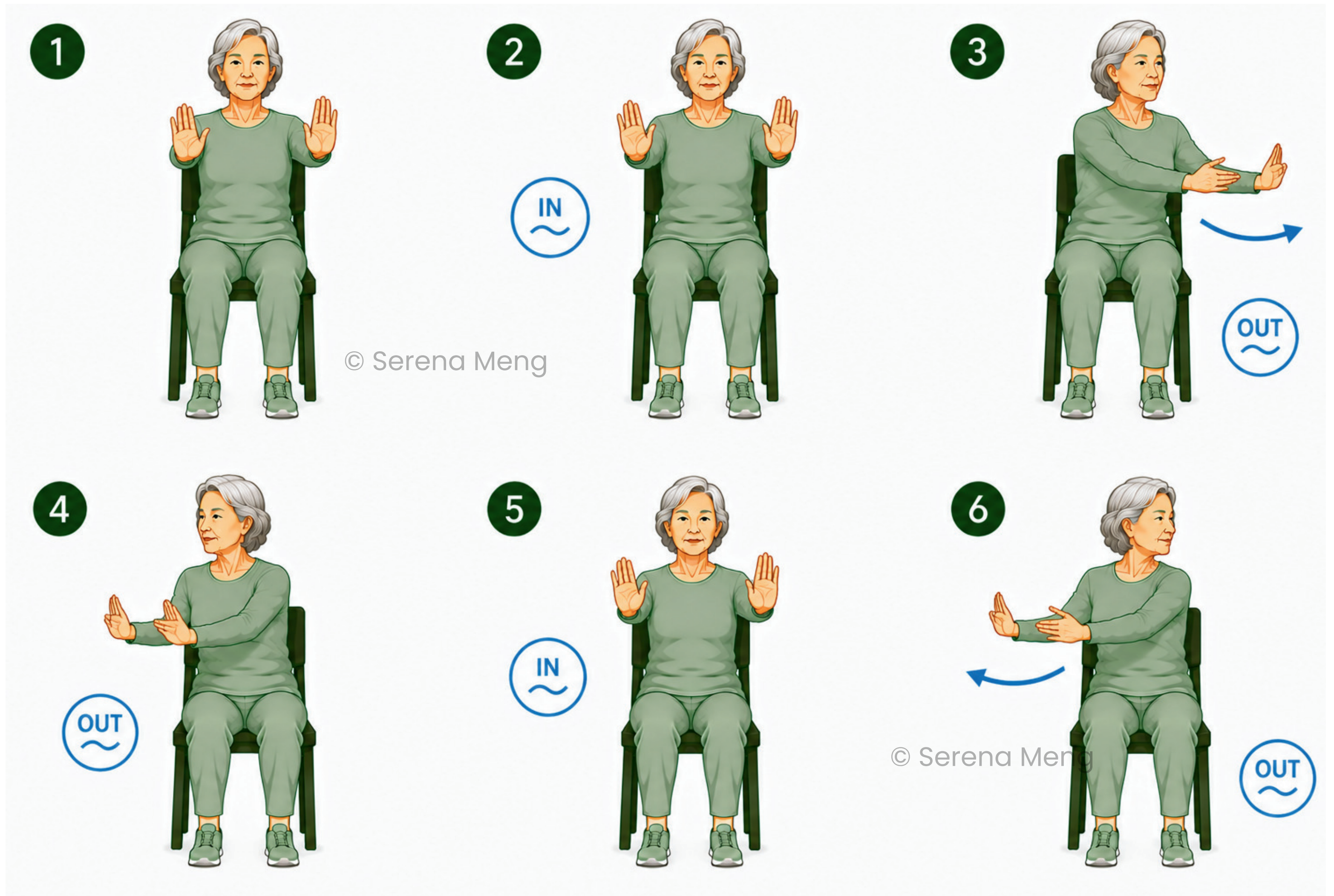
Pose 10 Brush Knee and Push

Pose Reference Cards



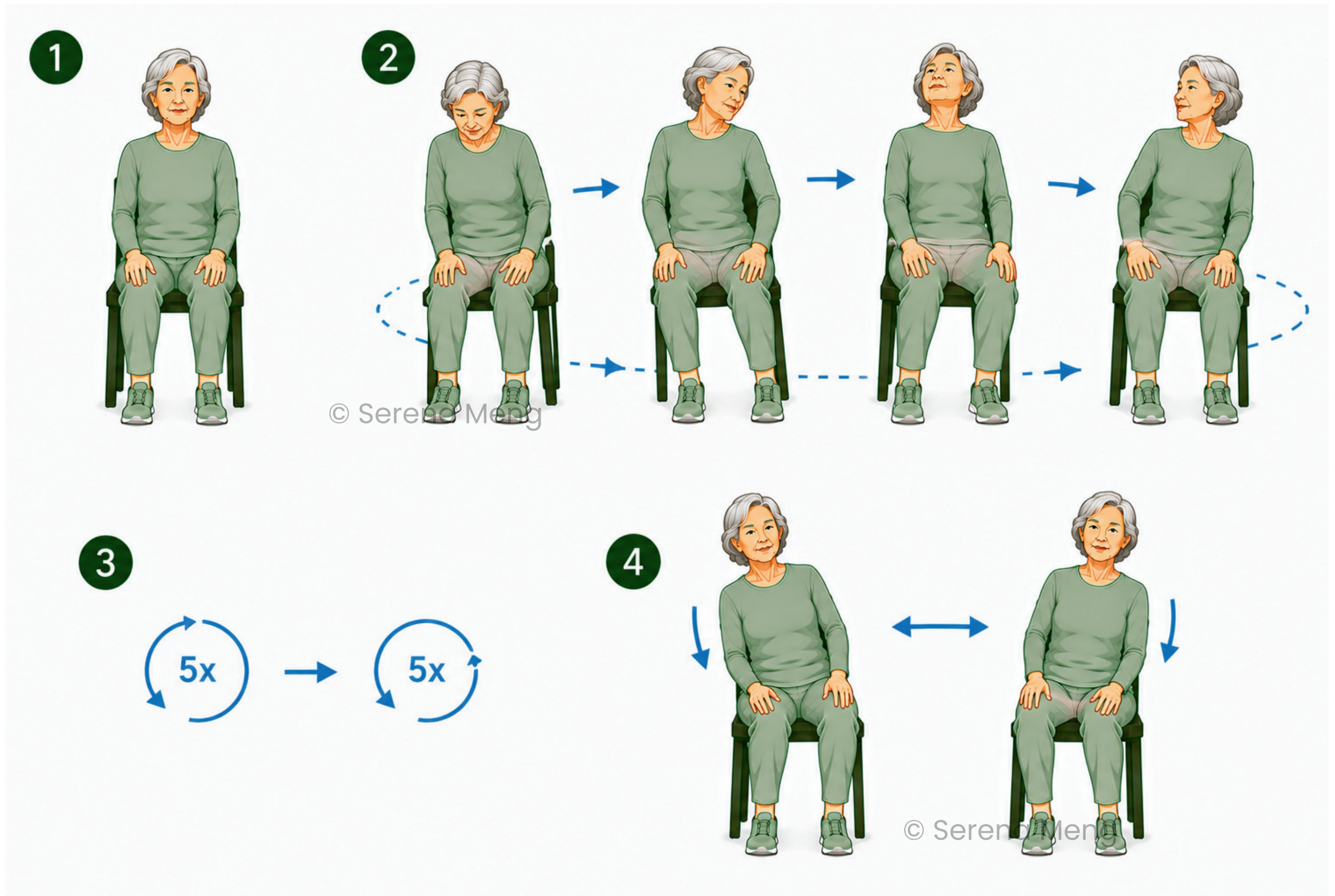
Pose 11 Hand Strums the Lute

Pose Reference Card



Pose 12 Roll Back

Pose Reference Card



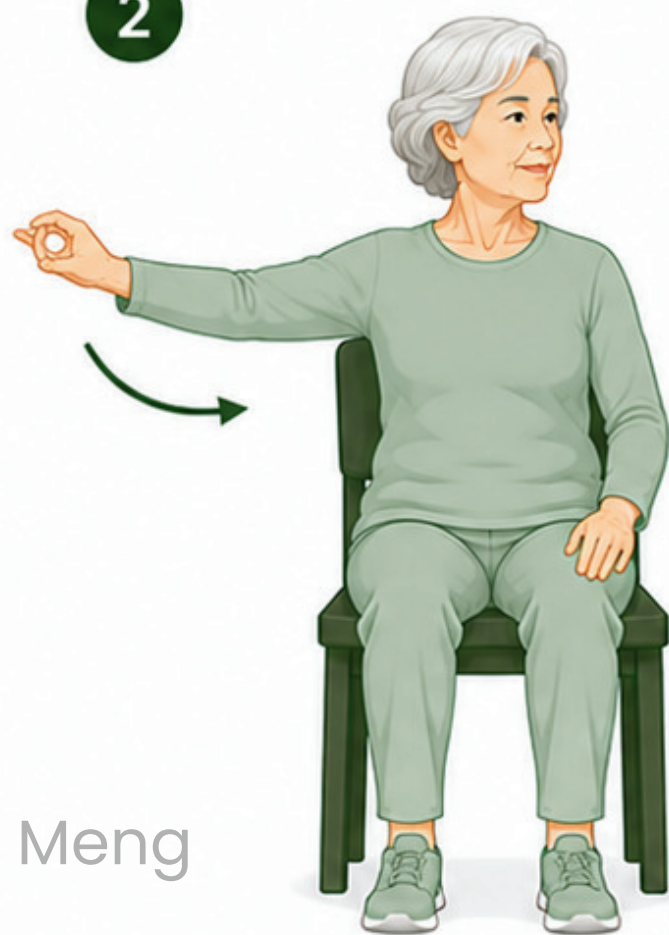
Pose 13 Hip Circles and Seated Weight Shift

Pose Reference Card

1



2



3



4



5



6



Pose 14 Single Whip

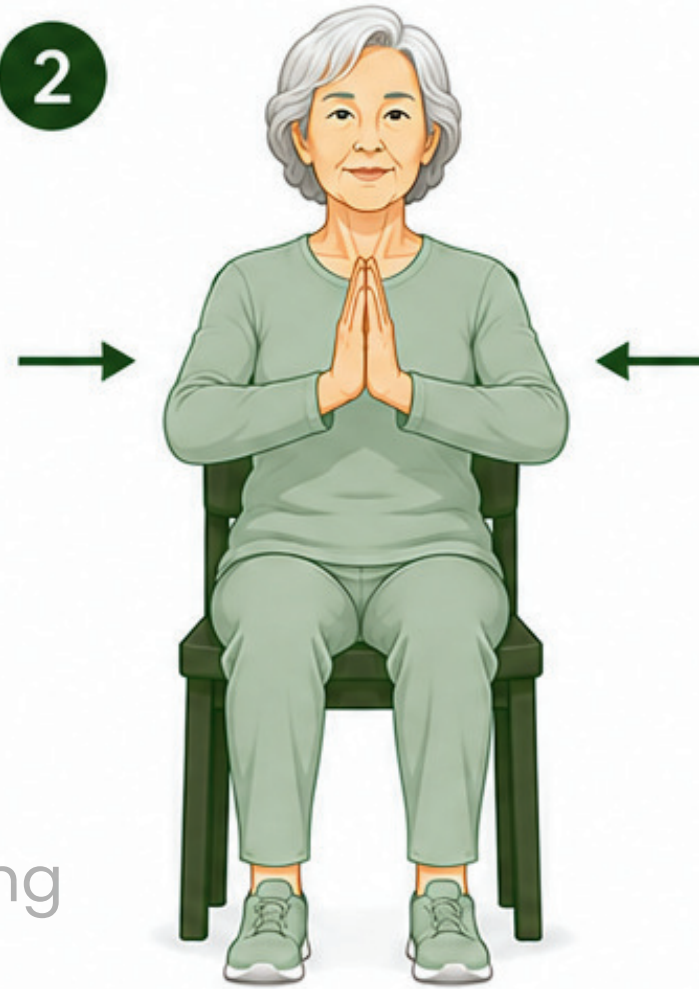
Pose Reference Card

1



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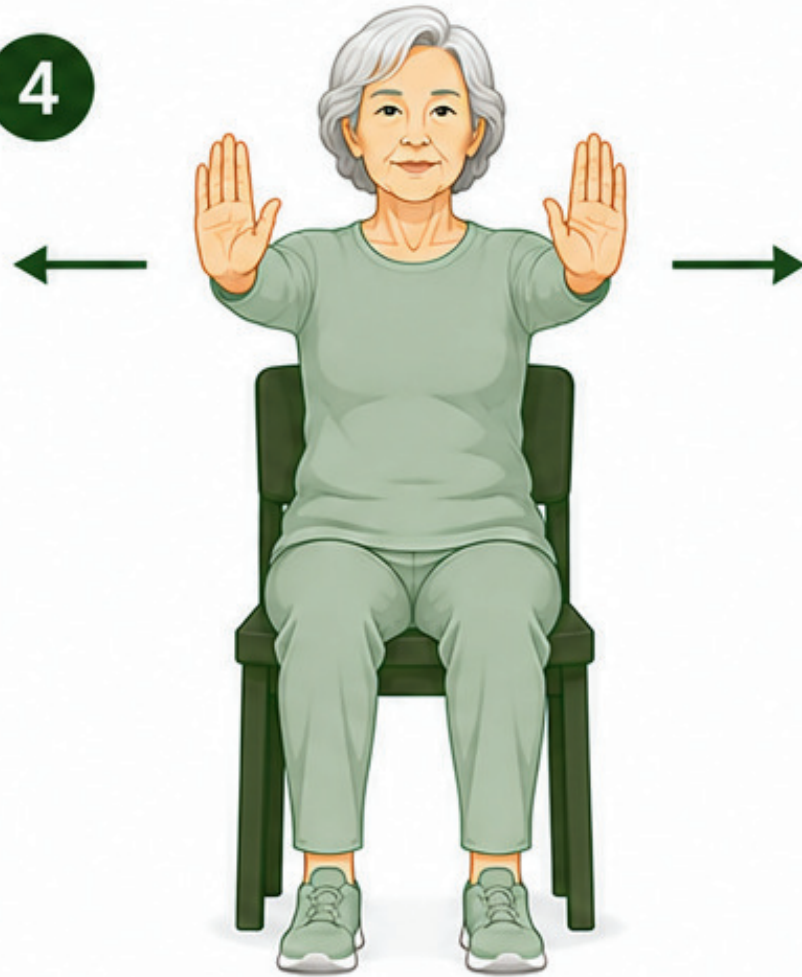
2



3



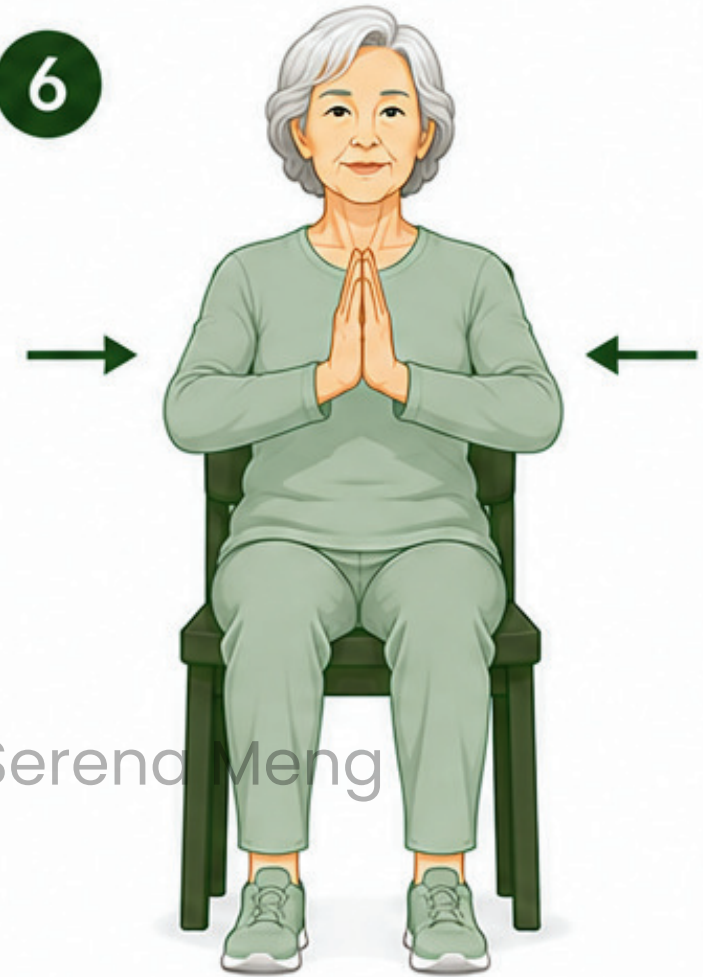
4



5



6



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Pose 15 Press and Push

Pose Reference Card

1



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2



INHALE

3



INHALE

4



5

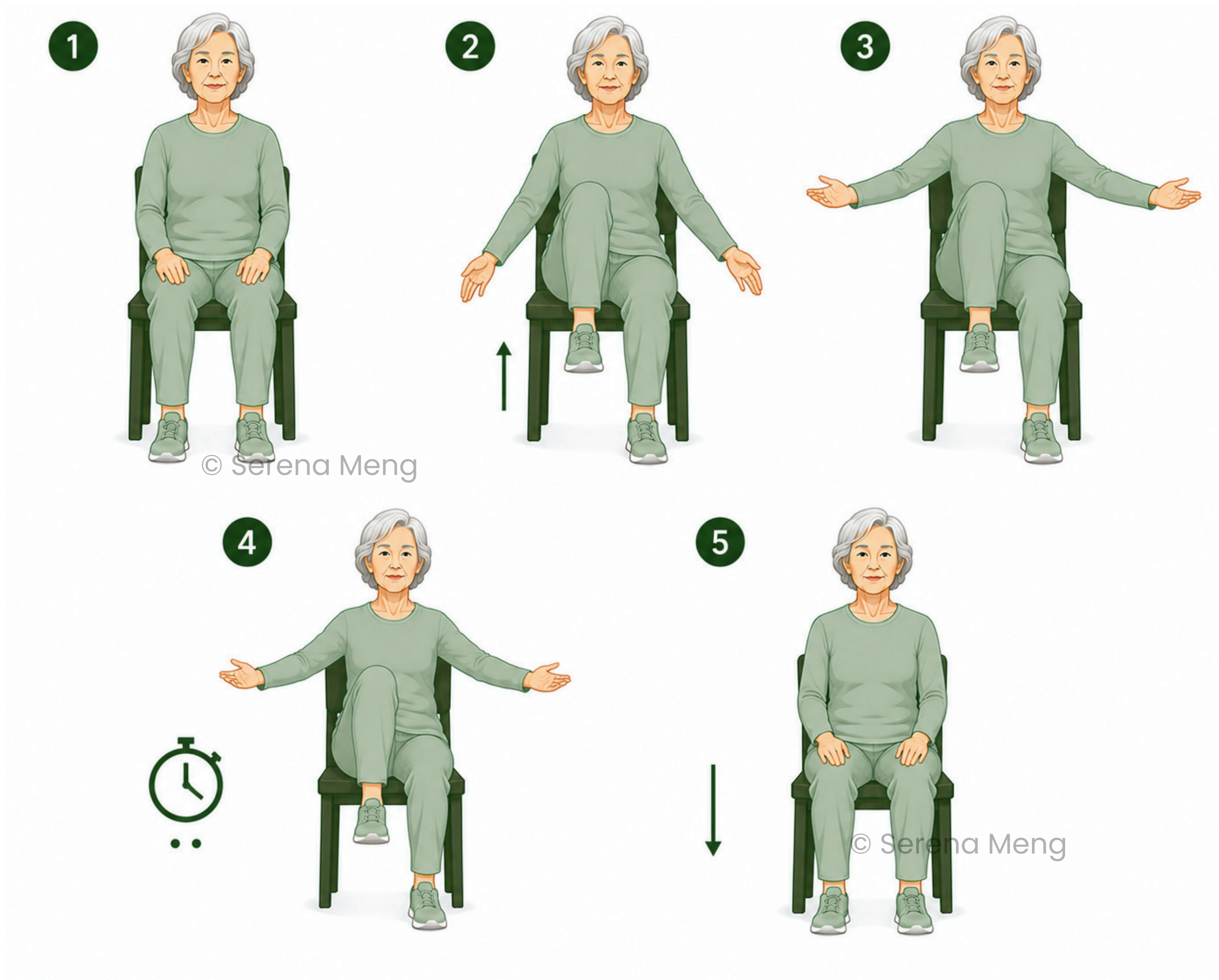


EXHALE

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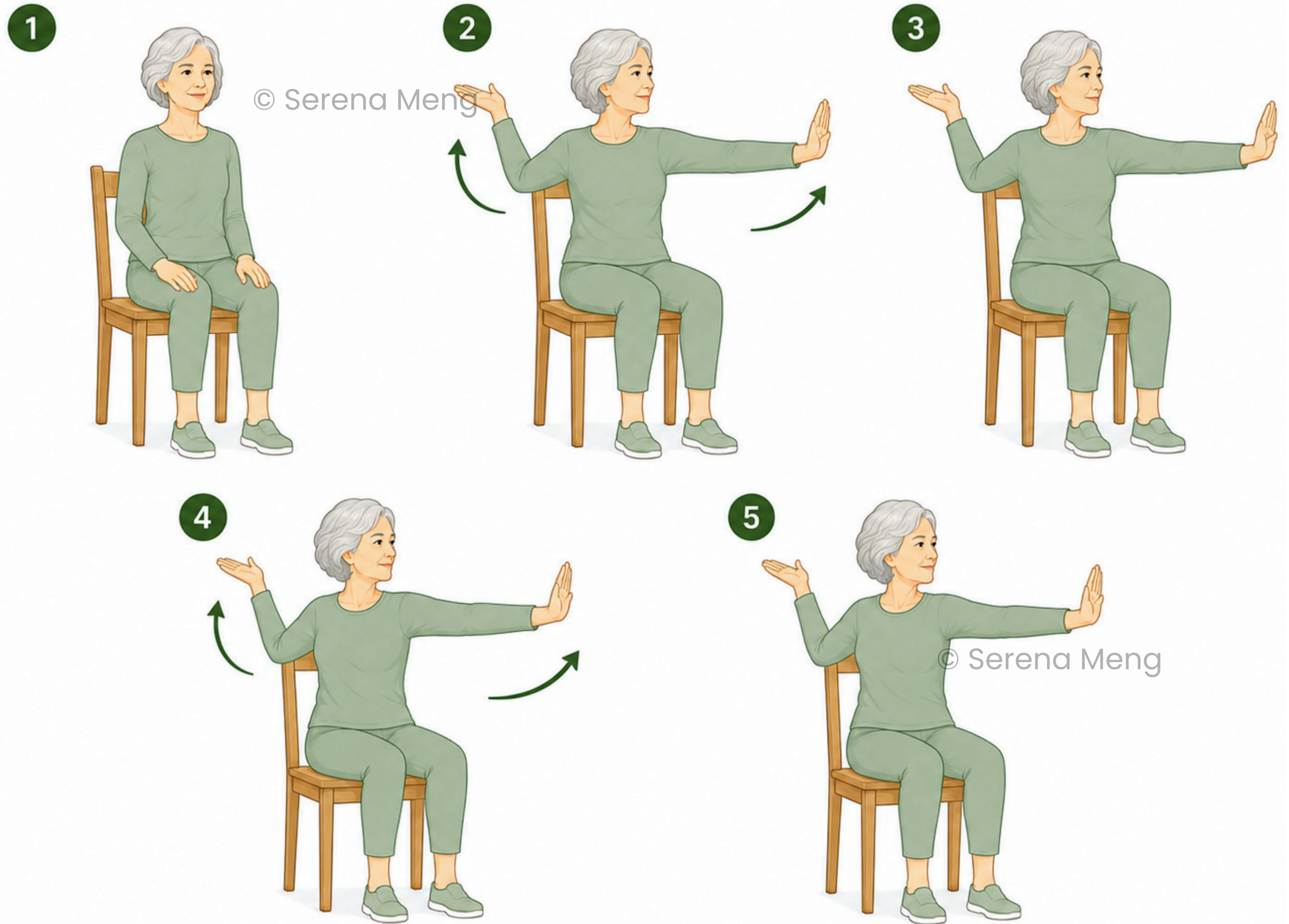
Pose 16 High Pat on Horse

Pose Reference Card



Pose 17 Seated Leg Raise and Hold

Pose Reference Card



Pose 18 Repulse Monkey

Pose Reference Card

1



2



3



4



5

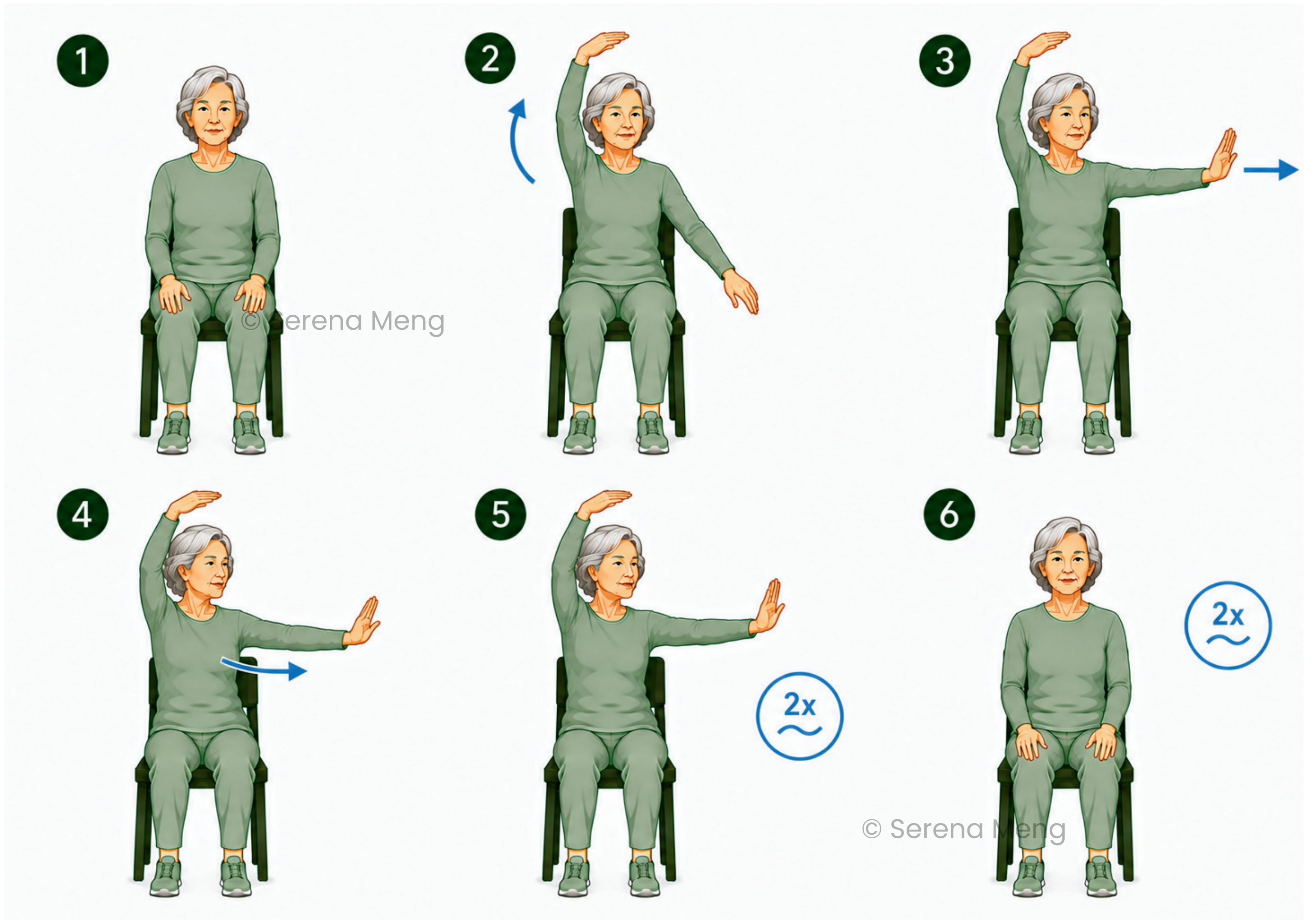


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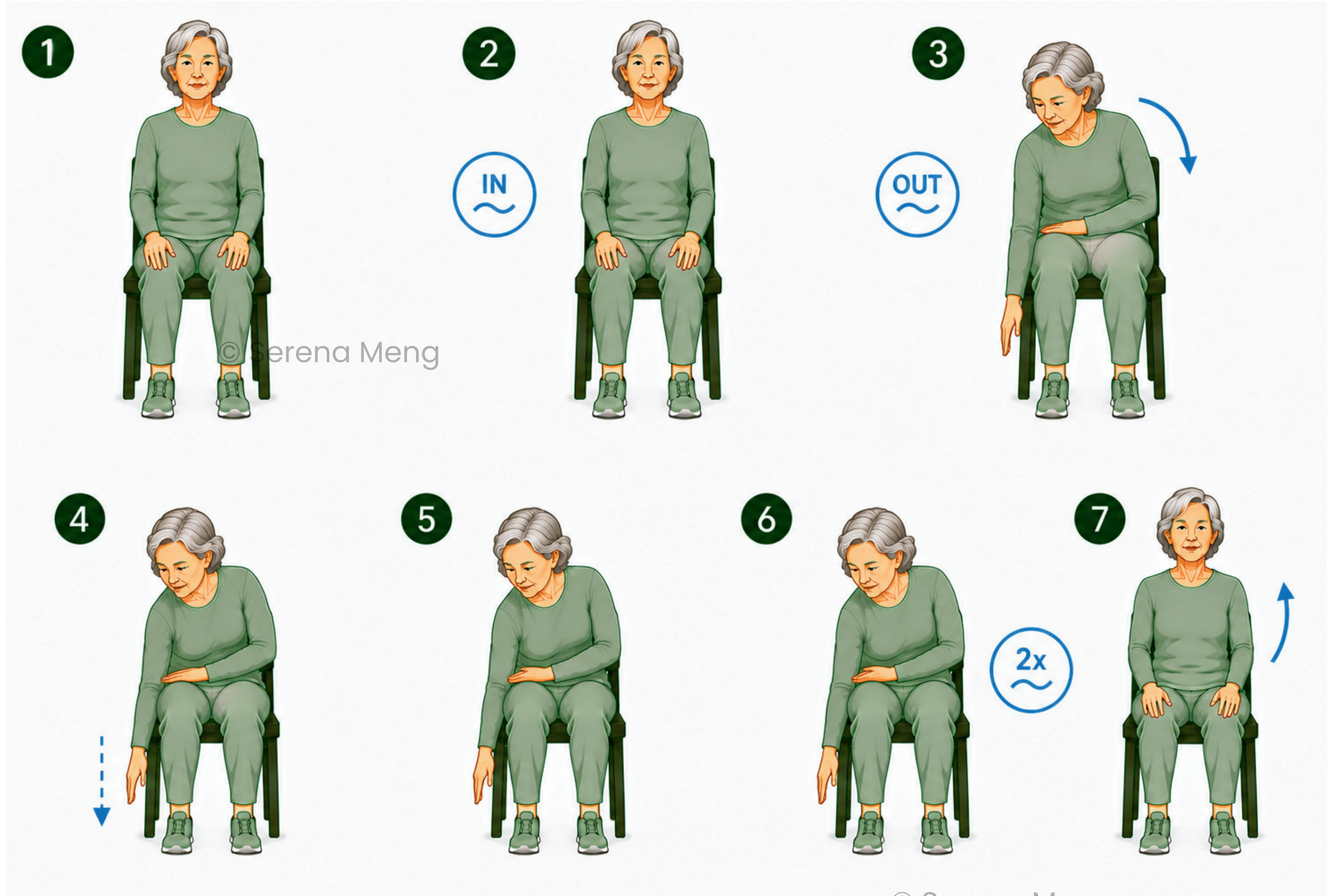
Pose 19 Fan Through the Back

Pose Reference Card



20 Fair lady works the shuttles

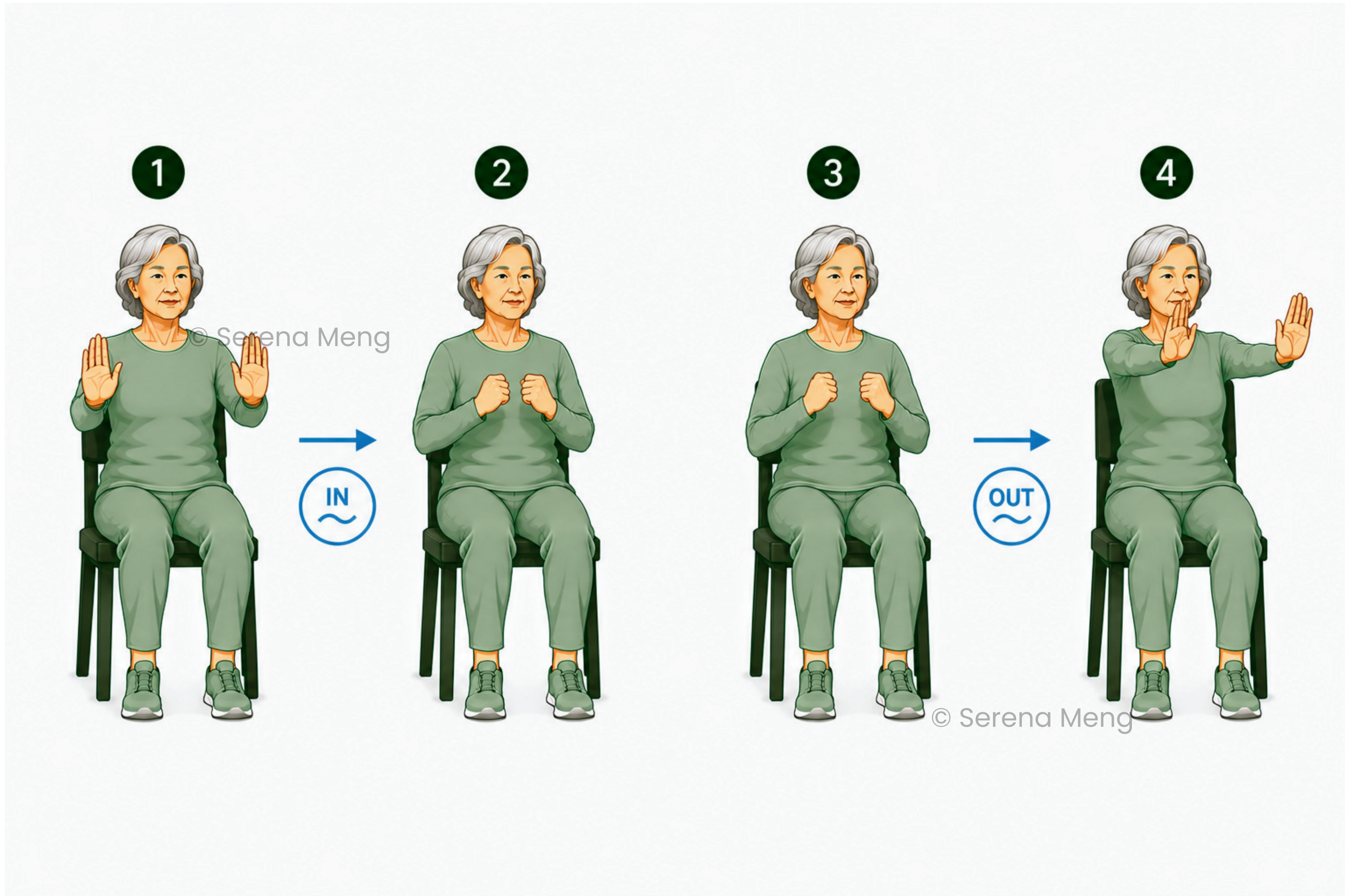
Pose Reference Card



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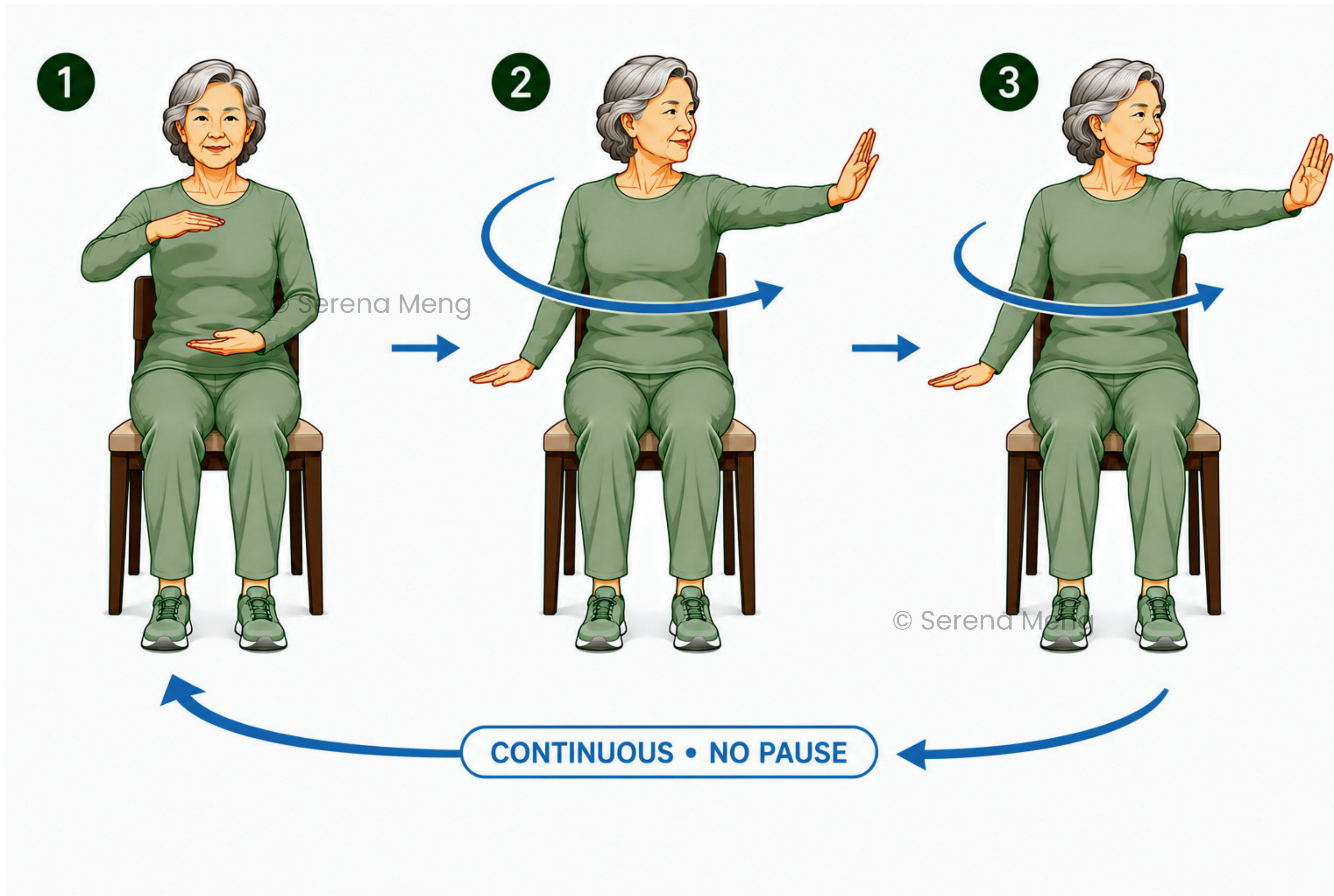
Pose 21 Needle at Sea Bottom

Pose Reference Card



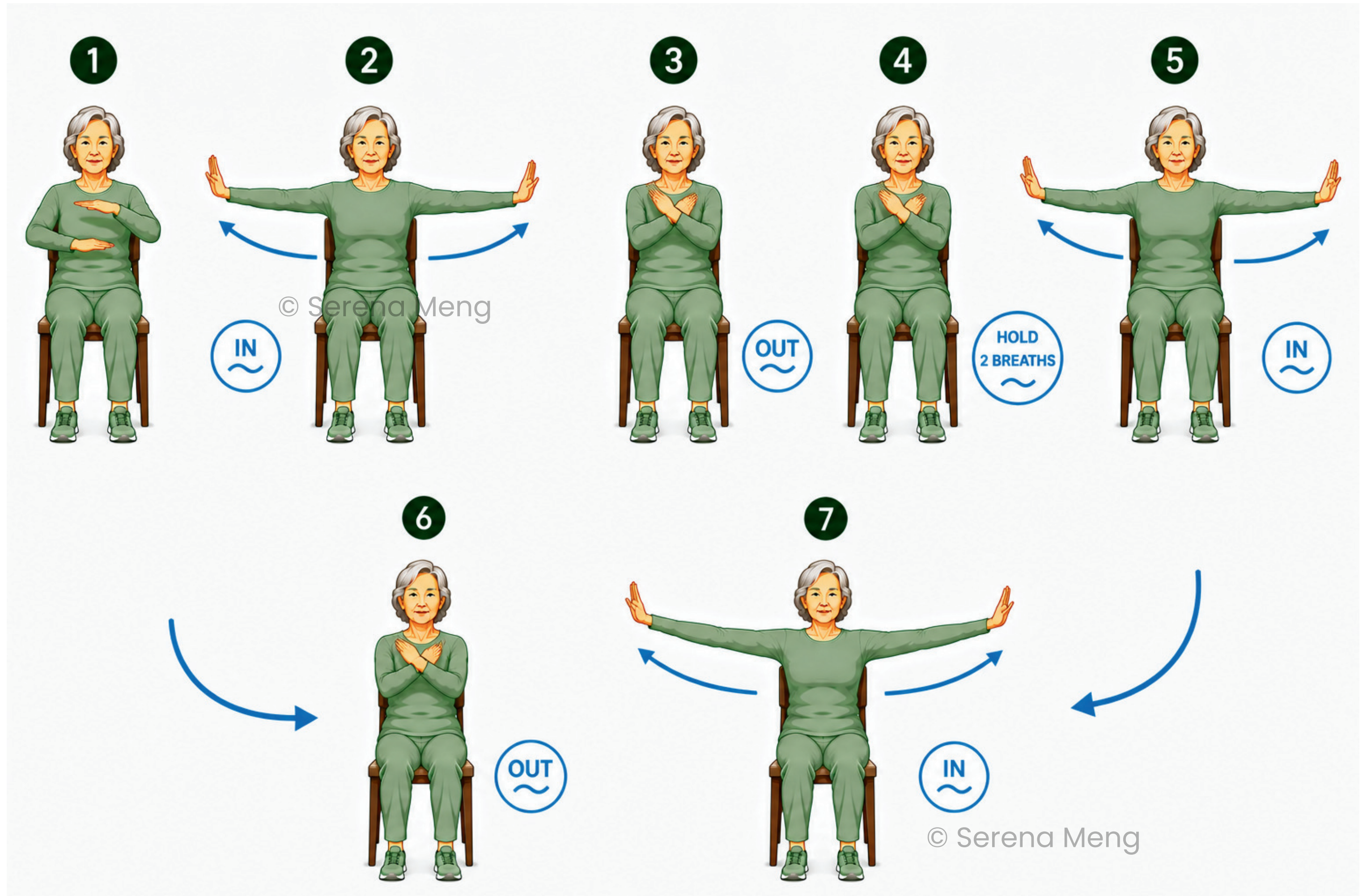
Pose 22 Apparent Close Up

Pose Reference Card



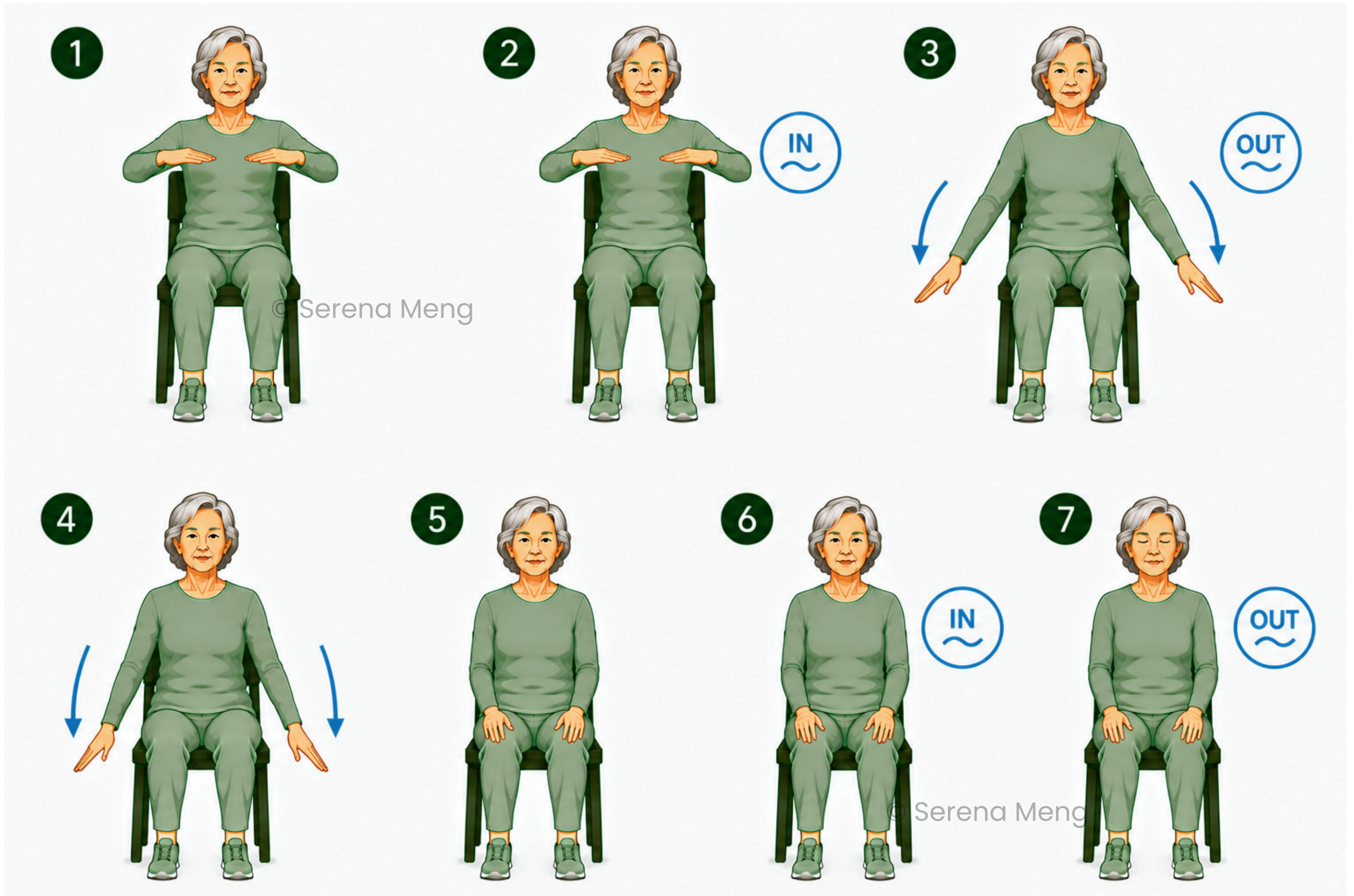
Pose 23 Wave Hands Like Clouds — Full

Pose Reference Cards



Pose 24 Cross Hands

Pose Reference Cards



Pose 25 closing form