

Chinese Yoga Staff

1 Yin-Yang in One



2 Getting Qi from Four Directions



3 Dragon & Phoenix flying & dancing



4 Rainbow dancing and shadow moving

Key to posture: arms straight.



5 Embracing the moon



6 Blue Dragon turning head back

Key to posture: arms straight.



7 Phoenix spreading wings



(Read columns down)

8 Double swallows gently brush butterfly



9 Colored butterflies dancing in the air

Key to posture: arms straight.



10 Qi sinking to dan tien

