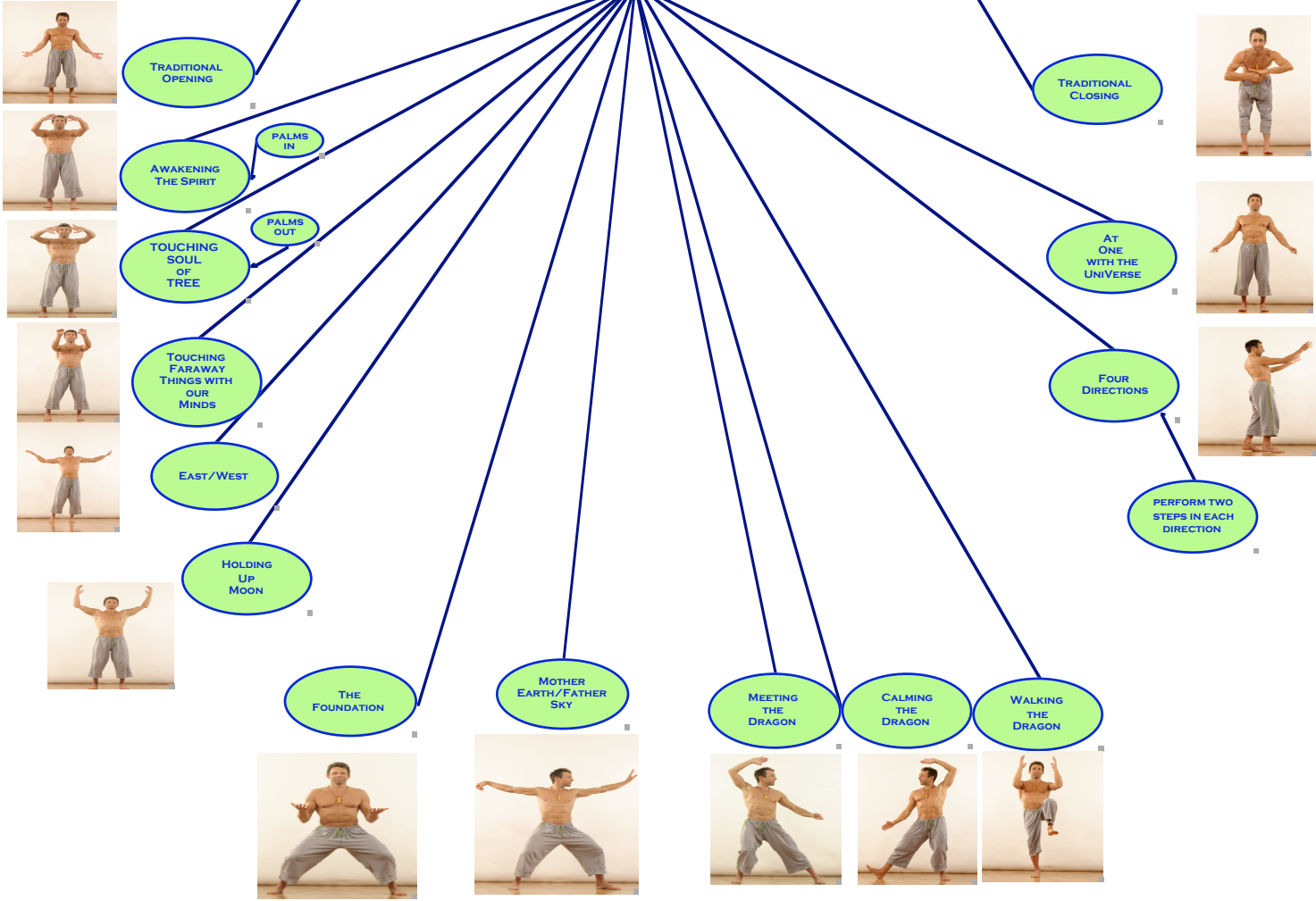


**AI IMAWA
TAOIST HEALING POSTURES**



NOTES:
WITH THE EXCEPTION OF
TRADITIONAL OPENING AND CLOSING,
HOLDING UP MOON, EAST/WEST, AND
FOUNDATION

**PERFORM THE POSTURES
ON BOTH SIDES**

**PERFORM THE POSTURES SLOWLY, HOLDING EACH ONE FOR
SEVERAL MINUTES TO DEEPEN CHI PENETRATION
PERFORM THE POSTURES FLUIDLY TO ENJOY ENHANCING BALANCE | CHI**

*by steve ilg
with gratitude
to
Sensei Kishiyama*

*devoted to our Earth Mother
photos
by
Wayne Williams*