



**Celestial Tai Chi  
College**

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## **DAWU QIGONG (DANCING QIGONG)**

### **Tai chi Retreat 14-16 November 2025**

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#### Initial/Preparatory Stance

1. Hold Head high and Chin up (Ang Shou Shi)
2. Open Hips (Kai Kua Shi)
3. Extend Waist (Chen Yao Shi)
4. Shake Body (Zhen Ti Shi)
5. Rub Backbone (Rou Ji Shi)
6. Swing Hips (Bai Tun Shi)
7. Massage Ribs (Mo Lei Shi)
8. Flying Stance (Fei Shen Shi)

#### Ending Stance

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