



**Celestial Tai Chi
College**

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MAWANG DUI HEALTH QIGONG

Taiji Yang Sheng Zhang Qigong

Tai Chi Retreat 14 – 16 Nov 2025

Initial/Preparatory Stance

1. Drawing a Bow (Wan Gong)
2. Stretching the Back (Yin Bei)
3. Wild Duck Swimming (Fu Yu)
4. Dragon Flying (Long Deng)
5. Bird Spreading Its Wings (Niao Shen)
6. Stretching the Abdomen (Yin Fu)
7. Hawk Glaring (Chi Shi)
8. Stretching the Waist (Yin Yao)
9. Wild Goose Flying (Yan Fei)
10. Crane Dancing (He Wu)
11. Exhaling with Head Raised (Yang Hu)
12. Body Bending (Zhe Yin)

Ending Stance

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