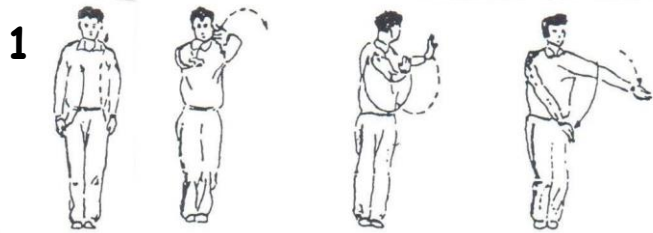


Daoyin Yangsheng Gong

Qi Gong pour renforcer les REINS

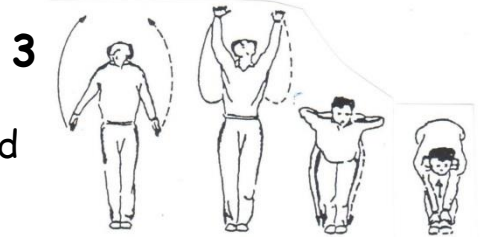
Maître Zhang Guang De

1- Prendre et soulever la robe



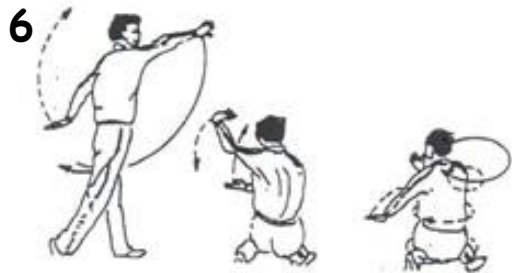
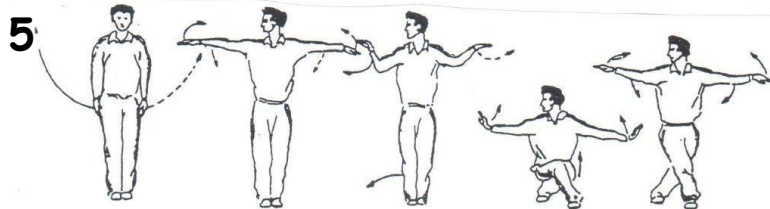
2- Le lion d'or guette au loin

3- Pencher le corps pour atteindre le pied



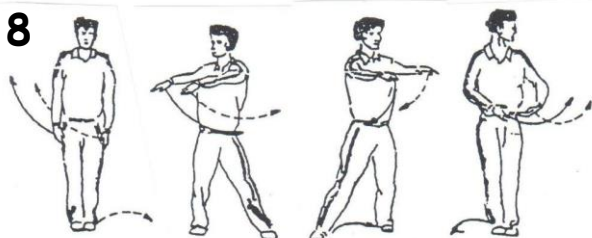
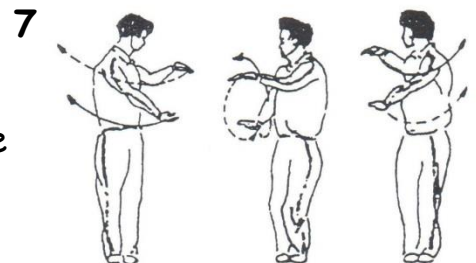
4- Les paumes de mains embrassent les pieds du Bouddha

5- L'oie sauvage descend sur le désert



6- Le vent balaie les derniers nuages

7- Le lion frotte la balle



8- L'énergie retourne au DAN TIEN