

T'ai Chi Chih - Joy Through Movement®

Originated by Justin Stone

Suggested Order:

Rocking Motion

Bird Flaps its Wings

Around the Platter

Around the Platter Variation

Bass Drum

Daughter on the Mountaintop

Daughter in the Valley

Carry the Ball to the Side

Push Pull

Pulling in the Energy

Pulling Taffy

Pulling Taffy 1st Variation - Anchor

Pulling Taffy 2nd Variation - Wrist Circles

Pulling Taffy 3rd Variation - Perpetual Motion

Working the Pulley

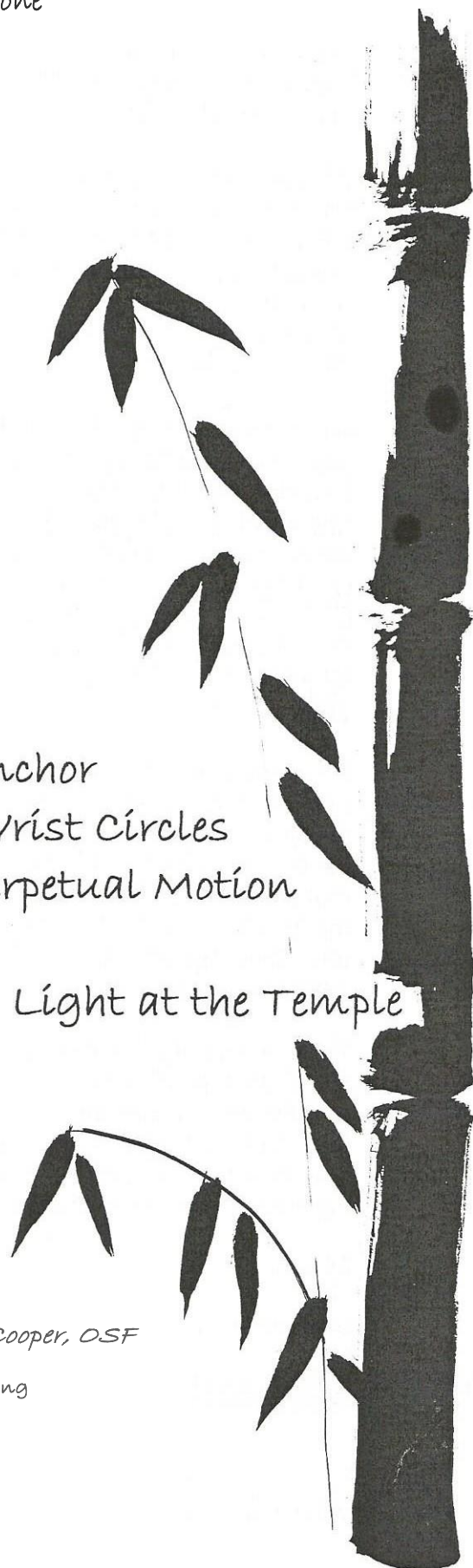
Light at the Top of the Head / Light at the Temple

Joyous Breath

Passing Clouds

Six Healing Sounds

Cosmic Consciousness Pose



Bamboo - Chinese Brush Painting - by Sr. Antonia Cooper, OSF

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