

T'ai Chi Chih

Joy Thru Movement

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
Anchor - 1st Variation
Wrist Circle - 2nd Variation
Perpetual Motion - 3rd Variation
Working the Pulley

Light at the Top of the Head/

Light at the Temple

Joyous Breath

Passing Clouds

Six Healing Sounds

Ho, Hu, Tsu Shou, She, Chwee

Cosmic Consciousness Pose

