

**Moving and Flowing in the T'ai Chi Chih® Way:
A Step by Step Approach
to Yinning & Yanging**

**SECTION: A Posture & Graceful Conclusion/Rest Pose
1. T'ai Chi Chih Movement:**

REST POSE



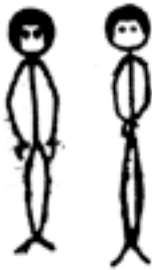
20 COSMIC CONSCIOUSNESS POSE



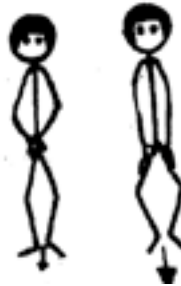
SECTION A: Posture & Graceful Conclusion/Rest pose

2. Global View of the Steps

1. Upright Posture



2. Sinking Down Into the Knees



3. Arms Rising Toward a Graceful Conclusion



4. Graceful Conclusion



5. Cosmic Consciousness Pose

