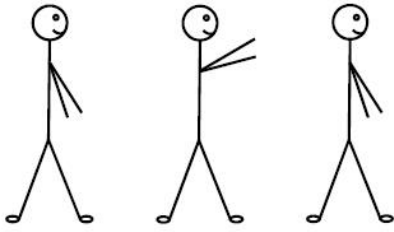
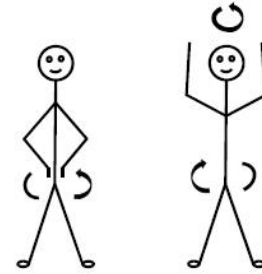


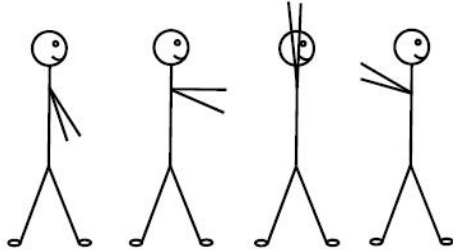
Bewegings meditatie 1



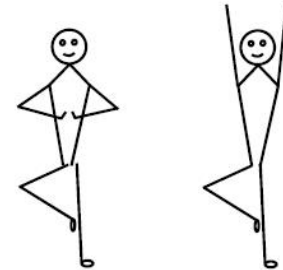
1 Lig arms 45 grade op, en af



8 Draai om die heupe



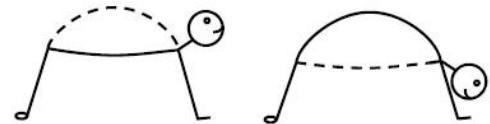
2 Draai arms in sirkels agtertoe



9 Boomstaan

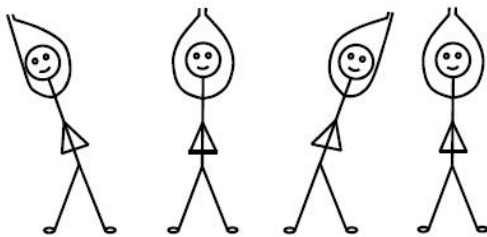


3 Streck arms op terug

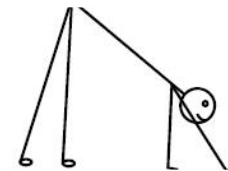


10 Koei

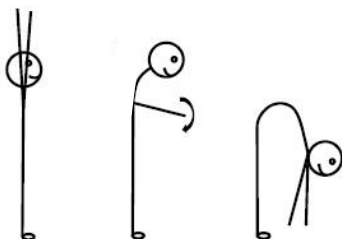
Kat



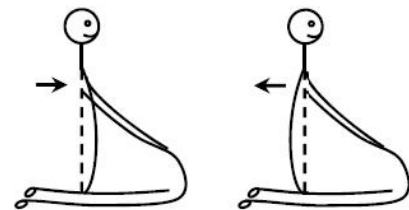
4 Haak duime in, Streck bo, links, bo, regs, bo



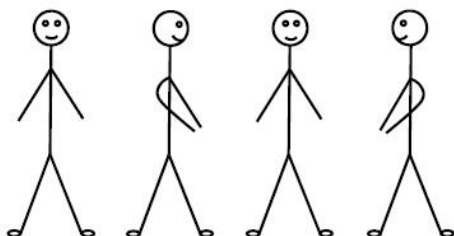
11 Driehoek



5 Arms na bo met in asem, uit blaas en sak af



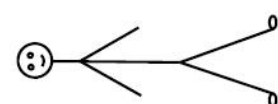
12 Kniel, strek rug na voor en agter



6 Swaai arms vinniger na links en regs



13 Kruisbeen, spin hande weerkante



14 Ontspan dankbaar