

QiGong

Water Series

By Lynne Cove

- Water Wheel
- Water Pump
- Fountain
- Sprinklers
- Windmill
- Rowing Left
- Stretch and Shake
- Rowing Right
- Stretch and Shake
- Shoulder Rolls
- Swing
- Hit Shoulder and Ming Men
- Hip Rotation
- Knee Rotation
- Waterfall (Spinal Stretch)