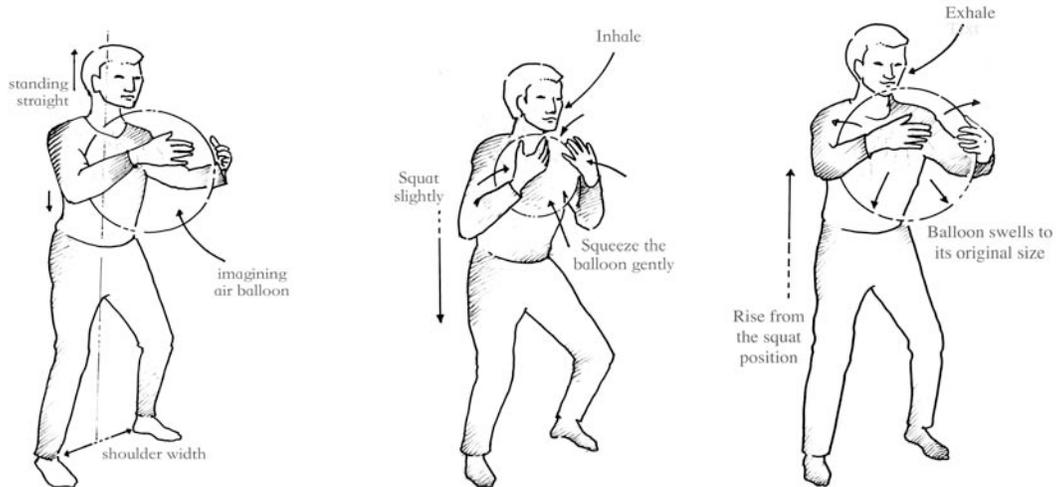


# Taoist Qigong Practice

## STANDING MEDITATION

## OPEN AND CLOSE PRACTISE



### Remember:

Just BREATHE...

Simply RELAX your awareness on your BREATHING

Each time you catch yourself having a wandering thought,  
simply let go of the thought by returning to BREATH AWARENESS

Please refer to the Asian Heritage Month CFACI Virtual Museum website under Education Roundtable (<http://www.vmacch.ca/alpha/events/index.html>) to see all hand-outs provided by our presenters at this year' s Education Roundtable series.