

Étirements des méridiens (Mako-ho)

Quelques exercices à pratiquer lentement, en respirant profondément, sans effort, plusieurs fois de suite. Sentir et visualiser les méridiens concernés.

The diagrams illustrate six Tai Chi stretching exercises, each associated with specific meridians and anatomical points:

- Exercise 1:** A person stands with arms extended forward. Labels include "courage IN", "G.I. - Poux", and "out Chagrin".
- Exercise 2:** A person stands with arms crossed in front. Labels include "IN - gouverneur", "out", "Rate-Estomac", "Sérénité IN", and "out inquiétude".
- Exercise 3:** A person is in a crouching position with arms raised. Labels include "IN - Amour", "out", "Amour", "Amour", "Amour", and "Amour".
- Exercise 4:** A person is in a crouching position with arms raised. Labels include "IN Dvoucur", "out Peur", and "VESSIE-REN".
- Exercise 5:** A person is in a crouching position with arms raised. Labels include "IN Amour", "out", "Amour", and "MÂTRE - TRIPLE RÉCHAUFFEUR".
- Exercise 6:** A person is in a crouching position with arms raised. Labels include "IN Bonté", "out Cœur", and "FOIE-VB".