**LOTUS QIGONG**

Commencing form

↓

Turtle treads water

↓

White snow rabbit digs the earth

↓

Fair maiden scoops the water

↓

Sprinkles water over the lotus flower

↓

Embrace the clouds

↓

Rain falls on the lotus flower

↓

Lotus flower blooms

↓

Push wind to the east and west

↓

Lift the sky (left hand on top)

↓

Press the earth

↓

Turtle treads water

↓

Touch to heaven and earth (left hand on top)

↓

White cranes flashes wings (L & R)

↓

White snow rabbit digs the earth

↓

Raising hands to the heavens

↓

Lowering hands to the earth

↓

Salute the sun (x3) to finish