

Peacock unfolds tail
Small heavenly roll
Needle at sea bottom
Willows flutter in breeze
Fisherman throws net
Farmer grinds corn
Buddah in meditation
Dragon circles mountain
Lohan focus chi
Hit tiger's ears
Monkey offers peach
Warrior draws bow
Crane in flight
Maiden weaves cloth
Cross hands/Separate legs
Circulate energy in tan tien
Embrace morning sun
Standing zen & close