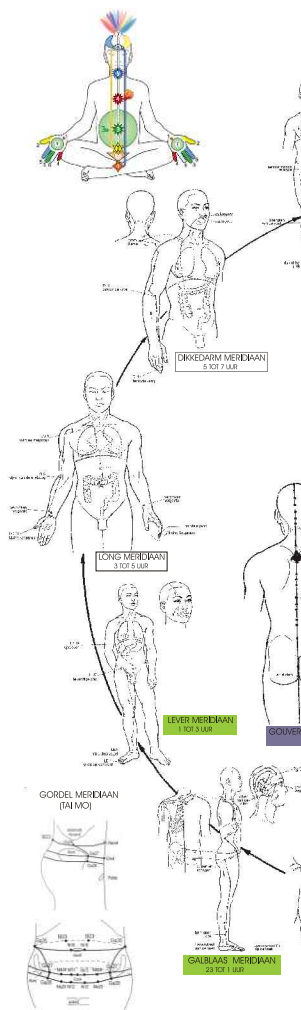


# MERIDIANEN



SOAN

## MERIDIAAN QI GONG

- 18 meridiaan oefeningen:
- 6 basis oefeningen
- 6 versterkende oefeningen
- 6 integratie oefeningen

# 太極拳

