

A woman with dark hair in a bun, wearing a blue tank top and dark leggings, is performing a Qigong pose on a green lawn. She has her arms extended outwards and slightly upwards, palms facing forward. In the background, there is a large stone building with columns and a set of stone steps leading up to it. The sky is blue with some clouds.

Qigong Basics

**Warm up for
Meridians**

Mimi Kuo-Deemer

Qigong Basics

S Nieto



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