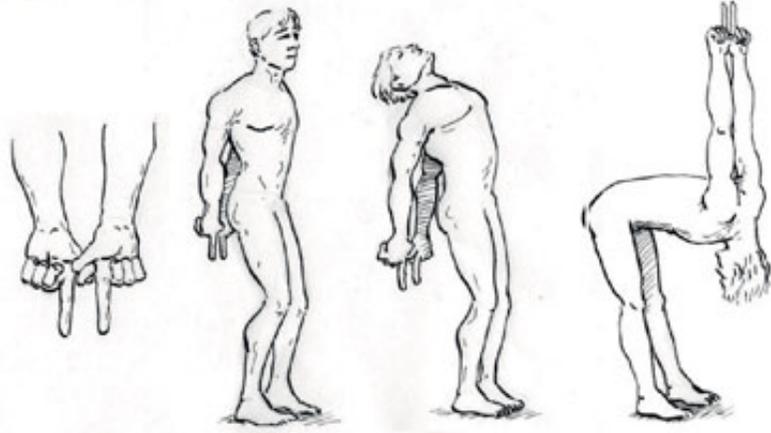
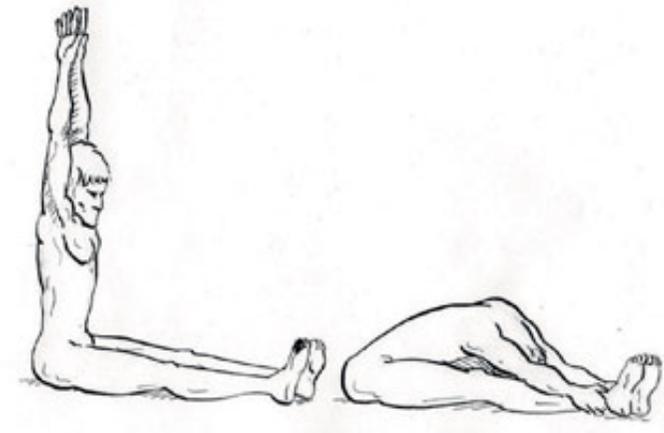


STRETCHING DEI MERIDIANI, ESERCIZI MAKKO-HO

I° METALLO - Polmone ed Intestino crasso



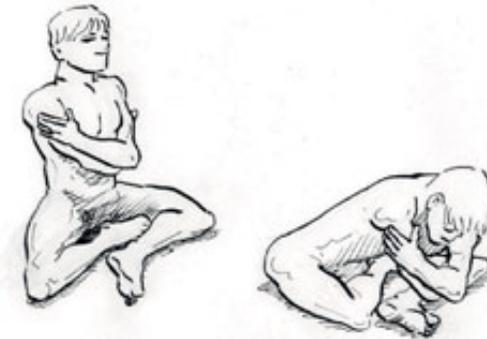
IV° ACQUA - Vescica urinaria e Rene



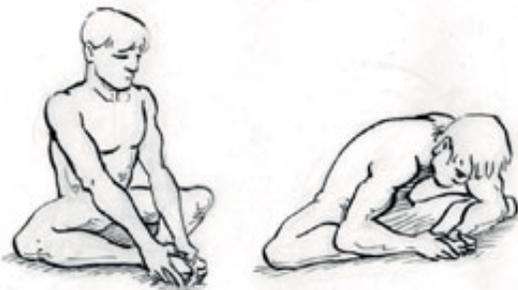
II° TERRA - Stomaco e Milza



V° FUOCO MINISTRO - Mastro del cuore e Triplice riscaldatore



III° FUOCO IMPERIALE - Cuore ed Intestino tenue



VI° LEGNO - Vescicola biliare e Fegato

