

A Buddhist Vegan Lifestyle Primer -7

素食生活 (七)

午休

忙中偷閒身要動，習練太極八段錦

運動六和 —— 手腳 肘膝 肩髀

意念 呼吸 力道 巧配合

Midday break

Six harmonies for skillful movement

Hand and foot in harmony

Elbow and knee in harmony

Shoulder and hip in harmony,

Thoughts and intent in harmony

Intent and breath in harmony

Breath and strength in harmony

