TIGER
Element-Metal
Organ-Lung
Season-Fall
Color-White
Sound-sssssss
Energetic Movement-Contracting, sinking, letting go
Parts of the body-nose, sinuses, bronchi, skin
Release distorted emotion-Grief, sadness
Feel-Strength (yang) & Joy/Courage (yin)

BEAR
Element-Water
Organ-Kidneys
Season-Winter
Color-Blue
Sound-chu
Energetic movement-gathering, absorbing, wavelike
Parts of the body-sexual organs, spinal column, bones
Release distorted emotion-Fear
Feel-Ambition & will power (yang) Deep wisdom & gentleness (yin)

DEER
Element-Wood
Organ-Liver
Season-Spring
Color-Green
Sound-shhh
Energetic movement-Generating, rising, expanding
Parts of the body-Tendons, ligaments, small muscles, eyes
Release emotion-Anger
Feel-Decisiveness (yang) Kindness (yin)

Sandy Seeber, LPC & Alan Graham, DC
Associate Healing Tao Instructors
Three Treasures Tai Chi
Phone 659-1599
www.threetreasures.org or info@threetreasures.org
CRANE
Element-Fire
Organ-Heart
Season-Summer
Color-Red
Sound-Inhale reversed chu and exhale Haaa
Energetic movement-radiating, dispersing
Parts of the body-arteries, tongue
Release emotion-Impatience, blame, self-judgment
Feel emotion-Warmth & vitality (yang) Love & patience (yin)

MONKEY
Element-Earth
Organ-Spleen
Season-Early Fall/Indian summer
Color-Yellow
Sound-Inhale who Exhale Hooo.
Parts of the body-large muscles, lips & mouth
Energetic movement-stabilizing, grounding, centering
Release emotion-Worry
Feel-Balanced, playful (yang) Secure, confident (yin)

BUTTERFLY
No organ-Triple Warmer Meridian
Sound-Heee (make grin on your face)
Color-Rainbow
Move arms & eyes up side of body, then bring arms down centerline of
body, palms down, eyes follow to floor
Can do sitting, standing, or lying down

Sandy Seeber, LPC & Alan Graham, DC
Associate Healing Tao Instructors
Three Treasures Tai Chi
Phone 659-1599
www.threetreasures.org or info@threetreasures.org