



8 Brocade (Baduanjin) Qigong Class

Baduanjin”, which literally translates as “eight pieces of silken brocade”, has always been a very popular exercise in China, with a history that dates back 2,500 years. Considered a Wai Dan medical qigong exercise set, this form is also used as Kung Fu warm up exercises by monks training at the Shaolin Temple on Wudang Mountain (The site of the movie Crouching Tiger, Hidden Dragon).

Benefits :

- * Deep soft breathing helps to lower your heartbeat and blood pressure.
- * Stretching helps contribute to the relaxation of stiff and tense muscles.
- * Standing up straight helps realign the back muscles and the spine.
- * Shoulders and triceps are exercised.
- * Bending the knees exercises the front thighs.
- * Many Chinese healers believe that this exercise helps regulate and improve the heart, lungs, stomach, spleen, and liver.
- * A clear and peaceful mind reduces negative stress on the body.

These exercises are suitable for anyone, regardless of physical condition. They can be performed standing or seated.

Attendees will receive a detailed, illustrated handout of the exercises so that they can continue practice at home.