

**Ba Duan Jin Qigong** consists of eight individual movements. Each movement focuses on a specific physical area, body function and Qi meridian. The movements can be practised individually or in sequence as a set.

1. Pushing both hands upward to regulate metabolism



2. Expanding the chest to strengthen the Lungs



3. Stretching the arms alternatively to improve digestion



4. Turning the spine to alleviate fatigue and bodily impairment



5. Swinging the head and tailbone to reduce internal heat



6. Holding the knees to strengthen the kidneys and lower back



7. Clenching fists and opening eyes wide



8. Standing on tiptoes to overcome various ailments

