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Eight Simple Qigong Exercises for Health: The Eight Pieces of Brocade

Yang jwing-Ming, Jwing-Ming Yang

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Improve your health, increase your energy, and speed your recovery from illness with the Eight Pieces of Brocade (Ba Duan Jin), one of the most popular sets of ancient Chinese healing exercises. These gentle stretching and strengthening movements activate the Qi (vital energy) in your body, helping to stimulate your immune system, strengthen your internal organs, and get you moving!

This effective daily fitness plan takes as little as twenty minutes to practice, requires little space, and can be done indoors or out. With both a sitting and standing set, anyone can do these exercises. If you've never tried a fitness program before, or want an alternative to aerobics and jogging, Eight Simple Qigong Exercises for Health is for you.

- Qigong builds a foundation of good health.
- Qigong can take as little as twenty minutes a day.
- The exercises are easy to learn.
- Includes over sixty-five instructional photographs and illustrations.

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