



# Ba Duan Jin: Eight-Section Qigong Exercises (Chinese Health Qigong)

*Chinese Health Qigong Association*

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Qigong is an aspect of traditional Chinese medicine that involves coordinating breathing patterns with physical postures to maintain health and well-being. Ba Duan Jin: Eight-Section Qigong Exercises is an accessible, fully-illustrated guide to this particular qigong exercise, which has been shown to improve the respiratory, cardiovascular and immune systems.

The Ba Duan Jin exercise dates back to the Song Dynasty, and is broken down into eight sections, each of which focuses on a different physical area. The routine enhances limb strength and flexibility of the joints, and also fortifies the nerves. It can help in the treatment of illnesses such as osteoporosis and is also beneficial for mental health. Each routine is described step-by-step, and is illustrated with photographs and key points. The authors also point out common mistakes and offer advice on how to correct these.

Complemented by an appendix of acupuncture points and accompanied by access to online downloadable content, this book will be of interest to Qigong and Tai Chi practitioners at all levels, students of martial arts and anyone interested in Chinese culture.



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